

WBI  
S136i  
1883

SAINT-CLAIR (THE)  
MINERAL-SPRING  
"THE OAKLAND".

D."

THE  
ST. CLAIR  
MINERAL  
SPRING.

1883  
St. Clair, Michigan.

OPEN THE YEAR ROUND.

NATIONAL LIBRARY OF MEDICINE



NLM 00141849 7

ARMY MEDICAL LIBRARY

FOUNDED 1836

31 ✓



WASHINGTON, D.C.







# THE ST. CLAIR MINERAL SPRING

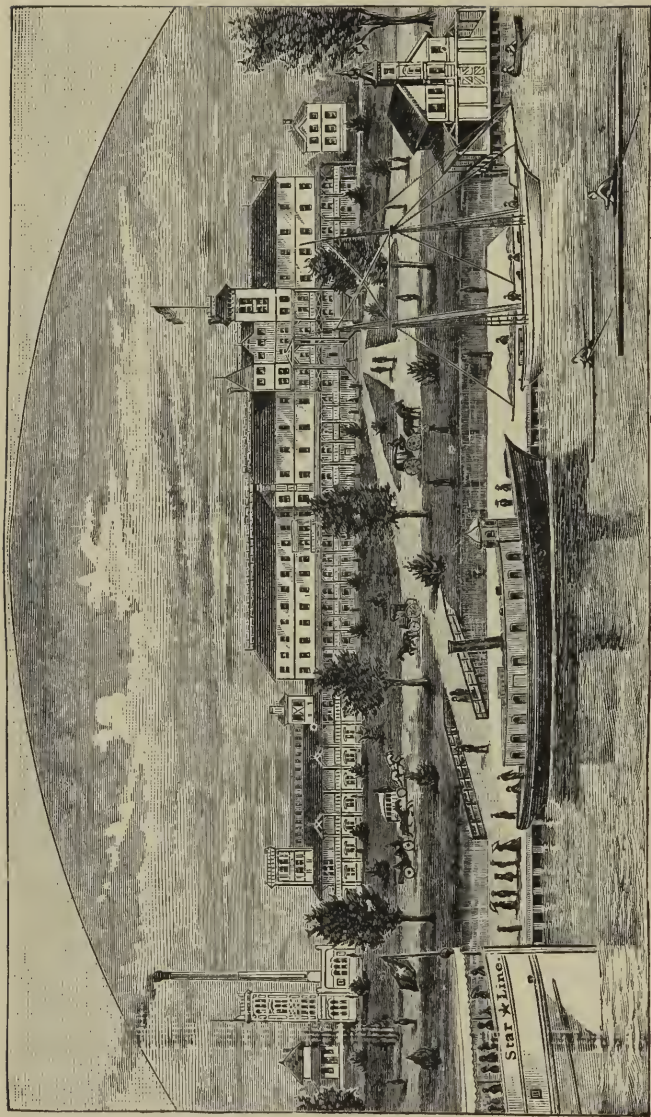
AND

“THE OAKLAND.”









THE OAKLAND.  
(OPEN THE YEAR ROUND.)



THE  
ST. CLAIR MINERAL SPRING

AND

“THE OAKLAND”

OPEN THE YEAR ROUND.



ILLUSTRATED CIRCULAR.

SECOND (REVISED) EDITION.

---

ST. CLAIR, MICH.,  
PUBLISHED BY THE ST. CLAIR MINERAL SPRING CO. (LIMITED.)  
1883.

WBI

S136i

1883

*Adm p 2172 1885*

---

Entered according to Act of Congress, in the year 1882, by WM. S. HOPKINS, in the office of  
the Librarian of Congress, at Washington, D. C.

---

THORNDIKE NOURSE,  
PRINTER AND BINDER,  
DETROIT.

"I must confess, by learned skill I found  
These Nature Wells, whence springs that Help for Men.  
But well thou know'st, there runs from underground  
Springs sweet, salt, cold and hot, even now as then,  
From Rock, Saltpetre, Alum, Gravel, Fen;  
From Sulphur, Iron, Lead, Gold, Silver, Brass and Tin—  
Each Fountain takes the Force of Vein it coucheth in."

—*Lidgate's Translation of the "Rhyming History," composed about 1450.*



# TABLE OF CONTENTS.



OBJECT STATED.....	Page 15.
--------------------	----------

## I.

### LOCATION OF THE ST. CLAIR SPRING.

Latitude and Longitude—on a line with what cities—St. Clair river—Michigan, its advantages—THE OAKLAND.....	Page 19.
---	----------

## II.

### THE HOTEL.

Importance of proper <i>cuisine</i> and house-keeping arrangements—approach and surroundings—delightful view—architecture and arrangements—Oakland grove—Oakland cottages—hotel building, externally—views from verandahs—grounds admirably adapted to out-door games and amusements—boat-house and pavilion—inside arrangements; business office with old-style fire-place—guest rooms—dining hall—colored waiters—cooking by steam—ladies' ordinary—main stairway—elevator—steam, grates and gas—Babcock extinguishers and automatic fire alarms—public parlor—heating arrangements, peculiarly adapted for winter use—luxurious furnishings—testimonies.....	Page 27.
---	----------

## III.

### GENERAL ADVANTAGES OF BATHING.

Story of Archimedes— <i>Cleanliness</i> : Essential to virtue and religion—why higher orders of society most need cleansing baths— <i>Pleasure</i> : Not mere physical sensation— <i>Health and Comeliness</i> : “Health” and “disease”—clears complexion— <i>Pilgrim's Progress</i> —the Bath <i>vs.</i> cosmetics—testimonies.....	Page 34.
--	----------

## IV.

### HISTORICAL.

Importance of considering historically—probable origin of earliest bathing institutions—mineral wells of Bath (England); singular and amusing belief concerning.

*The Jews:* The Bath a time-honored Jewish custom—"pools" of Scripture—also a religious observance—mineral baths among the Jews.

*The Greeks and Romans:* Homeric allusions—the Bath an essential of Greek hospitality—religious significance—Grecian public baths—Roman baths; extravagance connected with—magnificence, extent and capacity of Roman public baths (Caracalla)—refining effect on national character—baths of Diocletian.

*Other Nations:* Continent of Europe—Charlemagne's singular bath—Great Britain—interesting specimen found near Glasgow—Irish "sweating houses" and peasant girls—"Knights of the Bath"—revival of Bath in seventeenth century—the baths of Bath (England)—America and the United States.

General inference. . . . . *Page 45.*

## V.

### BATH TREATMENT.

Baths for medical treatment how classified—"mineral" baths—varied modes—recent development of the Bath system—Hydropathy—adapted to all "schools" of medicine—mineral bathing as a science—medicinal bathing known and practiced long before Hippocrates—his practice and testimony in favor of public bathing institutions—Hippocrates' prescription—other advantages of public institution—the Bath a preventive—health usages of the Bath among early Romans—indigestion and nervous disorders (Emperor Augustus).

*Testimonies and Examples:* Denon—Central Africa—fevers—New Netherlands—William Penn and sick chief—Indians; scrofula, rheumatism, etc.—Mexican physicians—Irish bath; chronic complaints—Drs. Wilson, Lyall, Granville, Clark—Sir Arthur Clarke—Savary—Dr. Brereton—scrofula, etc., almost unknown among bathing populations—early Romans almost without physicians—small-pox, cholera, scarlet fever, scarletina and measles—Cyprus—inflammations, diseases of skin, sciatica, gout, etc.—consumption—infantile complaints—contagious and pestilential diseases—Dr. Goulden in London—Cork—Dr. Hufeland—dropsy, internal congestions, etc.—rheumatic complaints; striking testimony of clergyman—diseases of lungs and respiratory organs—the Bath *vs.* foreign travel—catarrh and bronchitis—intemperance and insanity—concluding testimony.

*Philosophy of the Bath:* A form of external treatment—advantages of, illustrated—incident of g'lded boy at Florence—the skin a *breather* and *feeder*—a chief cause of disease—7,000,000 pores, 30 miles of ducts and a skin area of 2,500 square inches—human locomotive—skin debris; Urquharts' interesting experiment—natural mineral waters—Temperature (heat)—Friction; its medicinal relations to the Bath—Urquharts' amusing description—Vicarious function of skin—Mechanical action of bathing fluid—review. . . . . *Page 58.*

## VI.

### ST. CLAIR MINERAL WATER AND BATHS.

Used both for bathing and drinking—medicinal benefits of drinking—history and development of Spring; incident of sick child—bath-house described—pump-house described—pure lake water.

*Character and Medicinal Efficacy of the St. Clair Water:* Comparative strength—medicinal properties. . . . . *Page 83.*

ESPECIALLY ADAPTED TO WHAT DISEASES. . . . . (*Pages 88-89.*)

## VII.

### RECREATIONS AND AMUSEMENTS.

Importance of—philosophy of, as promoting health—medical testimony—The Oakland's advantages—swimming baths—bowling alley—billiard parlor—walking; riding and driving, boating in its varieties; steamboat sailing; hunting and fishing; river bathing; rambles and pic-nics—other recreations and entertainments to be found at St. Clair. . . . . *Page 90.*

## VIII.

### OTHER ADVANTAGES.

Desirable characteristics of St. Clair: not a new western town—not a decayed western town—practical evidences of life and growth—railroad advantages—manufacturing interests—the Messrs. Hopkins—temperature, climate, natural surroundings—drainage—high ground—St. Clair river; testimony of traveler—immense river traffic—testimony of correspondent—social, religious and educational advantages—Somerville School—railroad and steamboat accessibilities—a few good doctors. . . . . *Page 96.*

## IX.

### CONCLUDING.

Recapitulatory—personal explanation—confirmatory facts—closing recommendation . . . . . *Page 106.*

### APPENDIX





# LIST OF ILLUSTRATIONS.



	Page
THE OAKLAND—Frontispiece.	
Private Residences. . . . .	17
First Congregational Church. . . . .	25
Oakland Cottage (Wm. S. Hopkins). . . . .	35
River Bank above St. Clair. . . . .	35
Partial View of St. Clair from the River. . . . .	41
Front Street on "The Hill," looking North. . . . .	49
River Bank with Partial View of St. Clair. . . . .	59
Riverside Driving Park. . . . .	65
First Ward School—Catholic Church in Distance. . . . .	73
Second Ward School Building. . . . .	73
River Road below THE OAKLAND. . . . .	81
View in Oakland Grove. . . . .	91
St. Clair Ship Yard on Pine River. . . . .	97
The Nicol Woolen Mills Co. Buildings. . . . .	97
View from McGregor's Point, near THE OAKLAND. . . . .	107
The Somerville School. . . . .	114





## THE OBJECT OF THIS PAMPHLET.

---

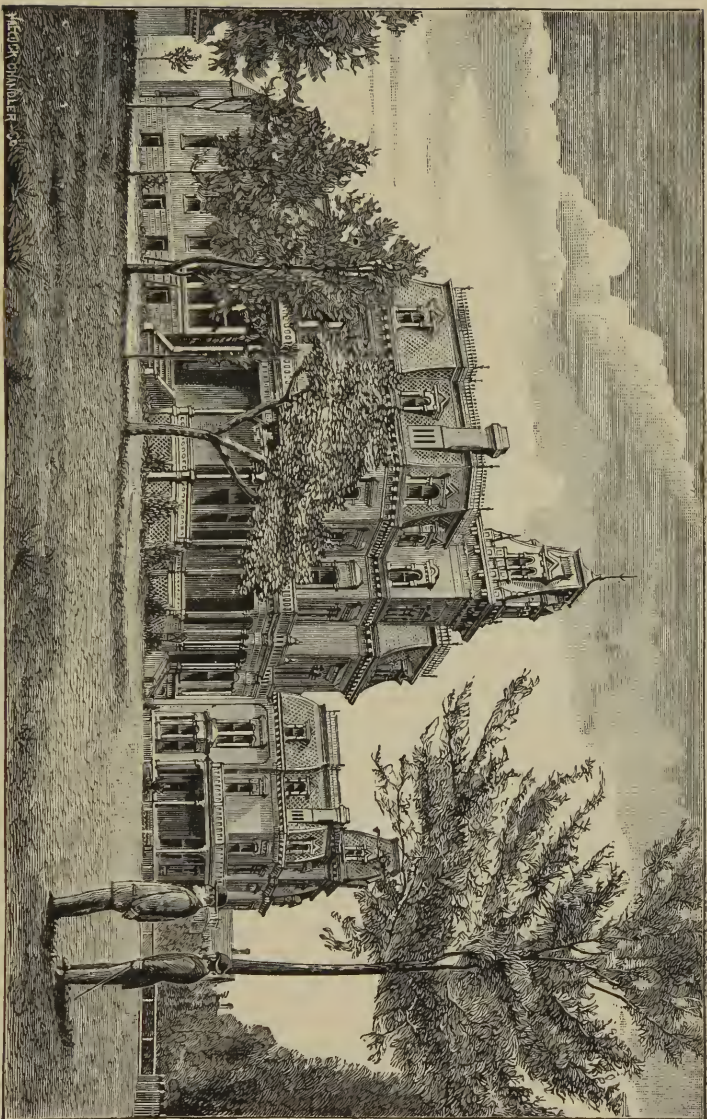


**THE MAIN OBJECT** of this Pamphlet is to call your attention to **THE ST. CLAIR MINERAL SPRING WATER** and its remarkable adaptation, as a medicinal agent, to a large proportion of the ailments and diseases that afflict humanity. (*See page 83 and the pages following.*) In connection therewith, and as aiding this object, we shall ask you to notice Bathing as a Practice or Custom, and also the Bath Treatment.

**THE WATER OF THE ST. CLAIR MINERAL SPRING** has been often and thoroughly tested. It has wrought some remarkable cures, and has succeeded in checking or ameliorating numerous stubborn and chronic cases. But being of comparatively recent discovery, and so little having been done in the way of advertising its virtues, it is not to be supposed the interesting facts concerning it should have become very generally or widely known.

With the view of supplying these important facts—important especially to invalids and health-seekers—this Pamphlet is prepared, and sent to you. Your careful and candid perusal of the same is respectfully solicited, by the writer, in behalf of “**THE ST. CLAIR MINERAL SPRING COMPANY (Limited).**”





PRIVATE RESIDENCES.





## I.

# LOCATION OF THE ST. CLAIR MINERAL SPRING.

(SEE MAP AT END OF PAMPHLET.)



**THE ST. CLAIR MINERAL SPRING** is located at ST. CLAIR, MICHIGAN, on the west bank of the ST. CLAIR RIVER and at the mouth of Pine river, about 60 miles north-easterly from Detroit. Its longitude is about  $5\frac{1}{2}$  degrees west from Washington, and its latitude a little less than 43 degrees north.

This brings ST. CLAIR about on a line, north and south, with Cleveland, Columbus, Charleston, Augusta and Savannah; and, east and west, with Milwaukee, Niagara Falls, Buffalo, Syracuse, Albany, Troy and Boston. Speaking in a general way, ST. CLAIR is a little east of the middle or half-way point between Buffalo and Chicago, something less than 200 miles from the former and a little more than 200 from the latter.

ST. CLAIR RIVER—on which, toward its northern terminus, the city of ST. CLAIR is situated—forms, for its entire length, the international boundary line between the United States and Canada. This river is also the connecting link between the great upper and the great lower lakes—*i. e.* between lakes Huron, Michigan and Superior on the



north and west, and lakes St. Clair, Erie and Ontario on the south and east. The water that passes ST. CLAIR to-day is the identical water that some weeks hence will be passing over Niagara Falls. A glance at an ordinary map will show you the peculiar and commanding position of ST. CLAIR and its MINERAL SPRING.

**CERTAIN GENERAL ADVANTAGES POSSESSED BY ST. CLAIR, AS A PART OF THE GREAT AND GROWING STATE OF MICHIGAN,** may here be noticed—advantages to be shared by all who may make their home, for a longer or shorter time, within her borders:

We find the STATE OF MICHIGAN, to which ST. CLAIR belongs, possessed of *Extraordinary Natural Advantages*; and these so improved by its citizens as already to have placed their state among the leading states of the American Union in those particulars which make up a desirable place of residence. "MICHIGAN is practically free from debt. Her public institutions are her pride and her educational system is commended by the best educators in the country. The agricultural advantages for mixed husbandry are of the best. The climate is not equaled by any northern state. The air is clear, the water pure and the variations in temperature comparatively slight. The landscapes are beautiful and a wide range of fruits, plants, flowers and trees—that form the accompaniments of a well-embellished home—can be grown successfully. Delightful resorts are near at hand everywhere; and a refined and intelligent people make up her present population. None visit the Peninsular State who do not go away with pleasant accounts of her climate, soil, productions and people." The publishers of a recent issue of *The Michigan State Gazetteer and Business Directory* offer to the business men of the state "their congratulations upon the many substantial evidences of commercial prosperity that are everywhere manifest. The outlook is decidedly bright and every indication points to the fact that *the state now has before it a career of success never before equaled.*"

Says a recent editorial article in a leading newspaper of an *eastern* state: "Among the states of the federal union few, if any, have had a more phenomenal growth than MICHIGAN. Less than fifty years



ago it stood twenty-third in order of population; *it is now the ninth*. In area it exceeds New York by **9,000** square miles. It has a lake coast line of **1,600** miles, and is bounded on the north by the largest body of fresh water in the world and on the west by the second largest. On the east is Lake Huron, which (except Lake Superior and Lake Michigan) is not surpassed in size by any other lake in America, Europe or Asia. The proximity of these great inland seas has a tendency to moderate climatic conditions to a remarkable extent. MICHIGAN has more than **4,000** miles of railroad. It is *first* among the states in the production of lumber, *first* as a producer of salt, *first* in the output of copper, *second* (and rapidly advancing to the first) as to iron, *first* as to fresh-water fisheries, and *fourth* in wheat growing. All agricultural products suitable to the temperate zone thrive well. It is also favorably situated for commercial enterprise, being surrounded east, west and north by navigable waters. Its citizens own more vessels than those of any state not on the seaboard, while in this respect it even surpasses the seaboard states of Connecticut, New Hampshire, Rhode Island and Oregon, and *all* the cotton and gulf states. This is a desirable state to live in and belong to. Its record is in all respects highly creditable, so far as the enterprise of its people goes; and the natural capabilities presented for the hand of man to develop are such as to warrant the expectation that it will continue to grow in power and wealth for many years to come. The equalized valuation of its taxable property in 1851 was **\$30,376,270**; in 1880 it was **\$810,000,000**—an amazing increase for less than 30 years." The above testimony, be it remembered, is from a newspaper *not published in the state*.

As to *Population*, there has been within the last ten years an increase of about forty per cent.—a larger increase for the same period than in any of the younger states except Kansas and Texas. The people of MICHIGAN are an emphatically *intelligent* community. The proportion of its inhabitants over ten years of age who cannot read is *less than three per cent*. As regards the amount of its correspondence and postage—so good an index of the general intelligence of a community—this state during the year 1879—80 expended more in this direction, according to official report, than any other of equal population. Its local news publications have increased in ten years

one hundred per cent.; among the thirty-eight states in the Union *only seven* issue as many newspapers.

This grand state abounds in *Resorts for Recreation*, among which ST. CLAIR, with its "OAKLAND," holds a most prominent place. Not to speak of the many similar points on the Great Lakes and the intervening rivers, it has over **5,000** smaller lakes. It has also a *salubrious climate*, and one that affords *an unusually large average of bright skies and pleasant days*. Fogs are of rare occurrence. To those freshly arrived from eastern and other states this forms one of the striking weather phenomena—the great number of bright days, especially in the fall. The autumn months are the glory of the year. This is particularly true of localities—like ST. CLAIR—in near proximity to the Great Lakes; the tendency is to lengthen the fall and put off the on-coming of winter. Severe *droughts*, incident to many parts of the West, are strangers to this locality; the same is true as to *devastating floods*. These onslaughts of nature are almost unknown. The Great Lakes *never overflow*, being *too large* to be perceptibly affected by ordinary causes. And though high winds are not uncommon, the state does not suffer from those *fierce tornadoes* which yearly cause such terror and destruction in the prairie country.

And finally—a prime consideration, even as regards a temporary home—her *Institutions and Society* are not those of a new and unorganized community, but of a rich, prosperous and well established state. The habits of the people are settled. The advanced civilization of the older states, on the one hand, and the extraordinary opportunities to labor and enterprise, characteristic of the newer western states, are seen here to harmonize and co-operate.

These are some of the more prominent characteristics of this great State, to be enjoyed by her citizens, and which become to the Oakland resident so many *collateral advantages*. Comparing the Peninsular State with others, with any other in the Union, how favorable the comparison, and with what just pride may her citizens regard their noble commonwealth!

Such, in brief, is MICHIGAN, within whose borders ST. CLAIR and THE OAKLAND are located.

*A general exterior description* of the latter, as it impresses the new comer, may now interest you :

**THE OAKLAND.**—We will suppose you, on your first arrival, to approach THE OAKLAND by water from the south ; say from Detroit, by the favorite and swift-sailing steamer “Idlewild.” As you near the spot—having been feasting your eyes for miles and miles on such lake and river scenery as is hardly to be found in this or any land—you notice a stir among the passengers and a movement toward the west side of the boat. You observe hands outstretched in the act of pointing ; you hear, from different sides and in different voices, the repeated name “Oakland” ; and looking in the direction indicated, your eye is greeted with a scene which, if you are *not*, almost makes you wish you *were* an invalid and had been ordered to this place for treatment. And if you are not an invalid and there is no immediate prospect of your being one, you almost resolve to land anyway, though your proposed destination be farther on, and enjoy a little of that which strikes you as so enjoyable and delightful here ; while a dozen questions chase themselves through your pleasantly excited mind, with regard to this inviting waterside retreat and its surroundings, a number of which questions you will find satisfactorily answered before you close this pamphlet.

### **A DELIGHTFUL VIEW.**

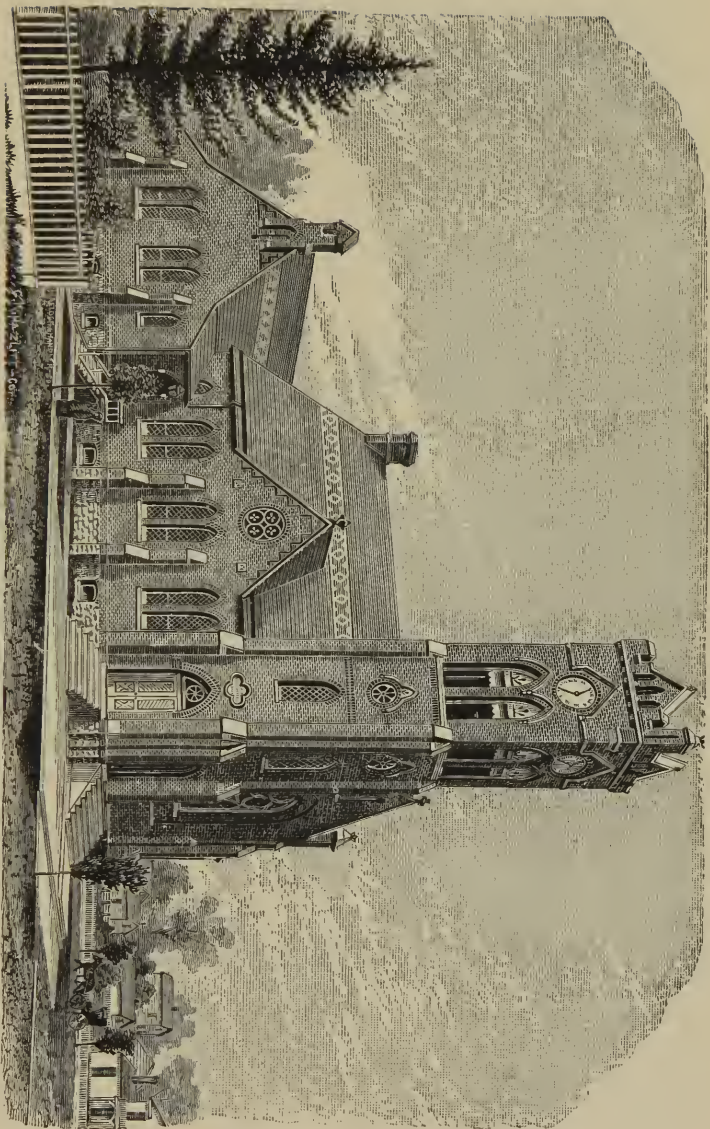
It is a scene, as viewed from the nearing deck of your steamer, at once so magnificent, so unique, so restful, so inviting ! The broad expanse of the blue water—oh, so blue ! upon which THE OAKLAND, from a near distance, seems ever affectionately looking, with quiet, steady, approving gaze, whatever the river's mood ; the gently rising shores, which seem not so much to confine, as to be a part of the river, and, as they recede, appear loth to leave it ; the more distant hills, with their native adornment of grass and grove ; in the farther distance, on a broad sweeping curve of the great river, as upon a mighty arm, the city of St. Clair resting ; while, still farther to the north, stretch away what seem to you the ultimate boundary shores of the vast, lake-like river. We venture the assertion, though you may have been an extensive traveler, seldom has your eye rested upon

a group of buildings which, from a distant view, seemed so much in harmony with, so much *a part of* the general landscape, as **THE OAKLAND** at St. Clair.

But meanwhile your boat has been nearing the Hotel dock. The general scene has dissolved away, while before your fixed and delighted eye the separate **OAKLAND** picture, by nature drawn, now gradually shapes and magnifies itself. You at once decide, if you have not before, to land ; with others you pass off the boat, wondering how experience will confirm your first so pleasing impressions of St. Clair and **THE OAKLAND**.

Passing from the dock toward the Building, a few rods distant from the shore, you have an opportunity to observe more closely its carefully selected position, its broad and well-kept grounds, its unique and attractive architecture. As you mount the Hotel steps and turn for one look behind you toward the quiet, expanding river,—which you will be sure then and there instinctively to do, if you are any lover of nature and the beautiful—you may observe a large excursion steamer landing its living packages of human freight, by the hundreds, at the same dock ; while just yonder, a little farther south, a railroad train is coming in, to add still others to your company ; and yonder still, up and down the river—some near, some far—are passing before your eyes a number of the large wealth-laden vessels which ply upon the Great Lakes and intervening rivers. Your ear catches their distant whistle ; which, however, instead of disturbing you, only adds itself to the general picturesqueness of the scene, and seems to you a sort of “welcome” to St. Clair and **THE OAKLAND**.





FIRST CONGREGATIONAL CHURCH.







## II.

# THE HOTEL.

---



NO Public Bathing Establishment or Sanitarian Resort of any kind can be permanently successful unless its *cuisine* and house-keeping arrangements are satisfactory. Here, no doubt, is the secret of the lack of success in many cases. However beneficial the waters and however thorough and scientific the treatment, people will not patronize an institution where their rooms are not comfortable and home-like, where the general in-door surroundings and management (including servants) are not agreeable, or where they are not suitably provided for at table. Of two institutions, equally excellent in their sanitarian and other advantages, visitors will invariably select that one which offers the greatest supposed advantages of the kind now named. THE OAKLAND meets this condition fully, as you will readily gather from the following description :

**ARCHITECTURE AND ARRANGEMENTS.** — Around and through the Hotel we shall be happy now to conduct you and let you see to what a delightful, even elegant home you have come ; that all its advantages are not in its location and external surroundings. If Nature was doubly kind in planting one of her most favorite Springs of Healing in such a favored spot, certainly the art and hand of man have been no less active and no less successful in furthering her beneficent designs.

THE HOTEL, in its structure, arrangements and general management, is a most admirable realization of its design, which was to provide abundant first-class hotel accommodations, with first-class natural scenery and advantages, for those who might come to enjoy the benefits of the Mineral Spring, as well as for summer visitors and pleasure seekers generally. Few public resorts have worked out as harmoniously and successfully *both* the sanitarian and the pleasure ideas. This will continue to be the constant two-fold aim of THE OAKLAND management.

Already there has been expended upon the various buildings and grounds about **\$150,000**, not including an extensive tract of partly cultivated, partly timbered land, which has lately come under the control of the Company, and whose exceptionally fine advantages, for summer and pleasure purposes, are being rapidly developed, at large cost, for the benefit of OAKLAND guests. Here, in these cleared-up groves near the river, will be found platforms, seats, swings, etc. In one of the adjoining groves, but a few rods away, was held, in the summer of 1881, the grand yearly excursion, under the auspices of the Canada Southern Railroad, numbering thousands of attendants. In this delightful grove and in numerous other places near at hand, overlooking the river, are many beautiful sites for family cottages, in connection with THE OAKLAND. The erection of such "Oakland Cottages," equally tasteful and convenient, has begun; their number will be increased as needed; and happy those families who may occupy them!

## THE HOTEL BUILDING.

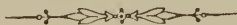
THE HOTEL BUILDING is a frame structure with a main frontage of **235** feet, exclusive of verandahs, and stands on rising ground a few rods back from the river. Its ARCHITECTURE is in the general Swiss style. It is five stories high in the central portion, and surmounted by two tower-like eminences. Above these waves the graceful "Oakland" flag, to which so many eyes have learned to turn with grateful pleasure. The main part of the Hotel building is a light olive-green, while the upper and tiled portion is a deep brick-red, giving to the whole a decidedly novel and pleasing effect. Along the front on the main floor and across the north end are the BROAD VERANDAHS before alluded to; also on the main floor in the



rear, and again at the third story, front and rear. The views from the front verandahs which overlook the broad river, up and down, produce upon the beholder an effect not easily described. This grand effect is largely due to the carefully selected site, just at the right point in the river-bend, and at just the right distance back, to secure the most extensive outlook in both directions. The changing moods of nature and the floating commerce of man are constantly varying these delightful scenes, which never pall upon the sight. As the eye drops from these more distant views, it rests gratefully upon a large open semi-circular space in front of the Hotel, between it and the river, which, with its broadly sloping surface of green, invites the eye and yields a pleasing contrast to the more distant river's hue. From your "rocker" on the verandah you also observe near by, with a perhaps more practical kind of pleasure, the Railroad Station and the Steamboat Landing; the latter hardly a stone's throw from where you sit. The frequent stopping here of vessels, especially of the large excursion steamers from Detroit and other points, adds life and interest to the scene. Another exterior attraction, to those fond of riding and driving, is a mammoth and elegantly equipped Hotel Livery, at a convenient distance to the west.

Not to speak here of various athletic games and out-door amusements, for which you observe the OAKLAND grounds to be so eminently adapted; a special attraction will be the tasteful and inviting BOAT HOUSE AND PAVILION, within two minutes' walk of your room, and which will be found supplied with row boats and sailing yachts, of sizes and styles to suit all tastes. To sit on one of these comfortable pavilion benches, with such a view as there opens before you, with the blue waters of the St. Clair and the river-cooled breeze for your near companions, is a summer-day pleasure which the presence of a congenial human friend or a favorite book may enhance, but which, even without either of these, is most delightful and invigorating.

But reserving what more we have to say about these matters till we come to speak of "Recreations and Amusements," we invite you now to ascend, by means of this broad easy stairway, to the main floor of the Hotel.



## ITS INSIDE ARRANGEMENTS.

We shall find these to fully correspond with the outside appearance. First, we are ushered into the MAIN BUSINESS OFFICE, where we, of course, register our names for a shorter or longer stay. This office is a handsome and commodious room, occupying the center portion of the main floor. It is appropriately and elegantly furnished and overlooks the river. But its most interesting feature is *an Immense Open Fireplace* on the north side, which, even without a fire, gives out a general feeling of home-like warmth and comfort. Adjoining the office are the usual rooms for reading, smoking, etc., fronting the river.

Passing southward, from the office along the main hall, we find opening on either side GUEST ROOMS furnished with rare elegance and taste, so arranged that they may be used either singly or in suites. Passing back through the office to the north wing, we enter the spacious DINING HALL, capable of seating at once 150 guests. Facing the river, over the broad verandah on which the dining hall opens, extends an adjustable awning—thus providing extra table accommodation, when needed. Should we take our place here at dinner, we should realize by practical test what particular attention is bestowed by the manager of THE OAKLAND upon everything connected with its table and its culinary department. We should have occasion to verify the frequent testimony of travelers and tourists, *that here is to be found one of the best supplied and best furnished public tables in the state.* The OAKLAND tables are served by colored waiters, under a skillful and experienced steward; and here are found, on an extensive scale, the modern appliances for *cooking by steam.* The Culinary and Kitchen arrangements are on an unusually thorough and extensive scale, including, beside the kitchen proper, a pastry room (22 x 24 feet), a refrigerator room (19x24), and a convenient cellar under the whole. A glance over this department—in some sense “the *heart* of the house”—will at once convince you that here are exercised a *thoroughness*, a *neatness* and a *system* in full keeping with what you have noticed elsewhere throughout and about THE OAKLAND. In addition to the public dining hall there is a LADIES’ ORDINARY (24x40 feet) which is quite as cheerful, and the more elegant of the two.

Adjoining the office at the north, we ascend the MAIN STAIR-WAY to the floors above. Or, if you prefer, we will take the ELEVATOR,

which we enter at this point, and which runs from the first floor to the fifth, being supplied with air-cushion and other appliances for safety. Extending from the tank in the tower, which furnishes the power to the elevator, are iron pipes with hose couplings for fire purposes. *Babcock Extinguishers* will also be found located at convenient points on the different floors. Other fire precautions are : the use of *Steam* and *Gas*, for heating and lighting, throughout the building; and, especially, the *automatic fire alarms* with which the different rooms are furnished, connecting directly with the main office.

On the floor above the office, in the center of the building, you enter the PUBLIC PARLOR. This is an elegantly furnished room, with fine piano, facing east and opening upon the upper verandah overlooking the river. The remainder of this floor, and the floor above, are devoted to GUEST CHAMBERS. It is frequently remarked by those who have inspected the Hotel that, unlike most public resorts, the rooms are *uniformly pleasant and desirable*. The entire structure contains *some 115 available furnished Guest Chambers*, with room for several more in the upper story, readily accessible by elevator, to be finished off as needed.

We desire to call your special attention to the matter of HEATING. One's comfort and health at a public resort depend so much on this. The most sumptuous table, the finest natural scenery and the most skillful medical treatment cannot make up this grievous deficiency. There are so many resorts, commendable in perhaps every other respect, where it is impossible in cool or damp weather to keep yourself comfortable; or you are frozen and roasted by turns. The heating arrangements at THE OAKLAND are such, the steam boilers and pipes are so large, with such numerous radiators so conveniently located, as, in cold weather, to secure not only a warm, but an even temperature throughout. This is one of the characteristic features of this resort, frequently commented on, and which adapts it, according to its wise and liberal design, for winter, no less than summer uses. There are also *Grates* in a number of the private rooms; but persons connected with the Hotel assert that even throughout the winter season no grate fires are required. It is readily seen how, in this important respect, THE OAKLAND is adapted for a *winter* resort and sanitarium.

As you pass from room to room and suite to suite and story to story, you observe that while everything is noticeably fresh and clean—a consideration of no small weight—there has been an evident effort to avoid that too frequent uniform hotel effect, as regards furniture, fixtures, drapery, carpets, etc. The *elegance*, too, of these furnishing arrangements fully equals their variety. A more handsomely furnished Hotel is probably not to be found within the state of Michigan. The carpets are body Brussels; the mantels, as well as the tops of the center tables and dressing bureaus, are of rich Tennessee marble; the beds, throughout, are furnished with the best spring and hair mattresses; while attached to the guest chambers are *roomy closets*.

By this time you must find yourself somewhat wearied by your tour of inspection. If so, you have but to step below and refresh yourself, as you may see fit. But glance again, as you pass, at the Hotel Register. Turning back its leaves, you observe that within less than six weeks after its opening there were recorded the names of **OVER 1000 GUESTS**, not including excursionists who merely visited, without patronizing the Hotel.

As a fitting conclusion to the above account, descriptive of the Hotel and its immediate surroundings, we append a few quoted sentences—the testimony of persons (whose names may be had on application) who have visited and patronized THE OAKLAND. Says a lady living in a prominent western city: “My three days’ stay has given me an opportunity of knowing something about THE OAKLAND, where we are stopping. You cannot imagine my surprise at finding here such a commodious, convenient and well-kept Hotel. The facilities for accommodation—judging from general appearances, our own apartments and the prompt attention at all times extended us—lead me to conclude that THE OAKLAND is right up to the times in every essential. I heard a lady say last evening that there is not a more handsomely furnished Hotel in all of Michigan. If all of the rooms are like those we occupy, guests certainly have good cause to be satisfied. At this point the St. Clair River is perhaps a mile wide, making a beautiful bend, the bank sloping gracefully from the water’s edge up to the Hotel, giving us the grandest river view imaginable. What a delightful place this must be in the summer season!—the vessels constantly passing from lake to lake in full view. The waters

of the great Upper Lakes, on their way to Lake Erie, Niagara Falls, Lake Ontario and the St. Lawrence, pass through this channel, forming one of the grandest rivers in the world, and of the purest Lake water. Will conclude by saying that everything equals my highest expectation, so far, especially in the general management of THE OAKLAND; and if 'wind and weather' does not get on a rampage and drive me away, am likely to remain, in the confiding hope of being restored to perfect health." Says one of our leading state papers: "THE OAKLAND, though established but little more than a year, has already become famous throughout the West. The bath-rooms at THE OAKLAND are, without question, the finest public bath-rooms in the United States." Says a leading dentist in a Western city: "I found the St. Clair Springs quite accidentally last June, and I have always been thankful I was enabled to go there. Having tried so many places, I was quite discouraged; but from the moment I entered the hospitable halls of THE OAKLAND, I was better. The *perfect* arrangements and surroundings impress one at once. It will do any one good to go there; but the invalid will find his wants all anticipated, and when he returns to his home he will remember with gratitude the pleasure and benefit received at THE OAKLAND, and what is destined to be its famous Baths."





### III.

## GENERAL USES AND ADVANTAGES OF BATHING.

---



**B**ATHING, AS A CUSTOM, is pleasantly connected in our minds with the familiar story of Archimedes: King Hiero offered a large reward to the one who should invent some method by which to determine what admixture of silver there might be with the gold in the royal crown. One day, while in the bath, observing how he displaced an amount of water equal to his own body, it suddenly occurred to Archimedes that here—on the principle of “specific gravities”—was the secret for solving the king’s problem. So, leaping from the bath, he runs naked into the street, excitedly shouting: “*Eureka! Eureka!*” (“I have found it! I have found it!”) Here was an unexpected benefit connected with Bathing. But, looking at its more ordinary and to be expected advantages, we notice :

1. **CLEANLINESS.**—In no other way can the same degree of personal cleanliness be secured. And so much depends on cleanliness! By the old philosophers it was deemed *an essential to virtue*, while Disraeli observes: “Moses and Mohammed made cleanliness religion.” “And we verily believe,” says another, “that the truth and honor for which the Turk is proverbially celebrated, have more









connection with *his cleanliness of body* than nine persons out of ten would imagine"—(referring to the Bath in that country.) Thus,

"Even from the body's purity the mind  
Receives a secret, sympathetic aid."

However some religious fanatics may have held and practiced, there can be no doubt that personal cleanliness should be regarded by us not merely as a common virtue and duty, but as a *religious* virtue and duty; as something not merely akin to, but essential to true godliness. As a clergyman remarked of a man in his parish, supposed to possess great spiritual attainments, he lacked one great essential element of christianity, namely *cleanliness*. Which agrees with the general teaching and the direct injunctions of Scripture. Hence the value, the necessity of the Bath, by which the skin, with its millions of pores, is more effectually freed from external soiling and from those accumulated (though insensible) deposits of impure perspiration. For we may lay it down as an axiom in physiological science—however unwelcome to some—that *whatever proceeds from the body is impure*; that the human body is, in this sense, a "fountain of impurities." Now, when we consider how the skin is one chief organ provided by nature for drawing to the surface and getting rid of these inward impurities, the importance of keeping this organ in proper working order is at once seen. This is to be done *by keeping it clean*, and *this* is only effectually done *by frequent and thorough bathing*, as distinguished from ordinary "washing."

By the Bath, then, pre-eminently, is produced that physical cleanliness which is truly "akin to godliness," and the importance of which in its relations to health, happiness, respectability *and even character*, it would be hard to overestimate. As personal cleanliness comes to be appreciated, in that proportion does the Bath assume its true place and value.

And here we venture to re-state what science and experience equally affirm, that (in spite of appearances to the contrary) it is really persons of sedentary habits, composing the higher orders of society, that *most need* such frequent bath cleansings of the system. In the case of the more physically active, the system is *constantly* undergoing an involuntary cleansing through that increased perspiration which is a natural effect of physical exertion.

May the time soon come when in England and America, as now in most countries of the East, this important use of the Bath—Personal Purification—will be properly appreciated.

2. PLEASURE.—Another general use or advantage of the Bath is *pleasure*. We mean that quiet, glowing sense of physical and mental (and may we not say moral) refreshment and recuperation experienced in bathing, especially just afterwards, when the bather has at his control suitable “first class” bathing facilities, such as are to be described in this pamphlet. Observe, we are not here speaking of health itself, but of that delightful, indescribable *sense or consciousness* of health or of returning health, which is akin to the buoyancy of youth, and which is such a common and notorious characteristic of judicious and well-managed Bathing. These pleasurable Bath experiences—not to be regarded as mere physical sensations—have often led the subjects of them to such extravagant descriptions as to seem quite incredible. Some of this delightful testimony of experienced bathers we shall by and by recall.

To view the Bath as a luxurious indulgence may be placing it and its claims on rather low grounds. But how few luxuries like this—not simply innocent, but actually and highly beneficial, and so inexpensive! But even in this light, the very lowest in which it is possible to regard it—namely *as a luxury*—of how many rare attractions is the Bath possessed!

It is especially the *pleasure* of the Bath—using “pleasure” in its truer sense—that has made its practice so attractive and rendered its devotees so enthusiastic. In a well appointed bathing establishment—like that at ST. CLAIR—this healthful and pleasurable recreation is brought within easy reach, at all seasons. Throughout its commodious apartments reigns perpetual summer, a summer whose temperature (as regards both air and water) may be increased or lowered at pleasure.

Thus, even on the score of *recreation and pleasure*, we see what decided advantages a good bathing institution possesses over the seashore or the river, especially when you have the SWIMMING BATH, such as is to be found at THE OAKLAND.

3. HEALTH AND COMELINESS.—The other general use and advantage of Bathing is *its promotion of health and comeliness*.

When thus we speak of the Bath in its direct relation to health, its direct adaptation to disease, we should remember how wide a field these terms "health" and "disease" cover. Without speaking here of *vegetable life* and its health-relations to the Bath, we know how some diseases are confined strictly to the human species while others also affect, with similar symptoms and results, the lower animals—as the horse. To man and to these, man's "lower brethren," the Bath, as a remedial agent, may be beneficially applied. Numerous cases are on record of the beneficial effects of the Bath on diseased or injured animals. Regarded in the light of medical experiments, valuable additions have thus been made to the Science of Medicinal Bathing, while much animal suffering has been relieved and a large amount of this valuable species of property preserved. In an old work entitled "Ancient Plan of the City of Bath" (England), a certain enclosure which received the waste mineral water from "The King's Bath," is marked with the figure of a horse, to indicate "The Horse Bath," situated in a garden on the south side of St. James' church. Again, of those almost innumerable diseases which are strictly confined to humanity, we know how much more *physical* in their nature some are than others. The Bath adapts itself equally to those diseases of man that are more strictly physical and to those that are largely mental. The adaptation of the Bath to insanity and mental disorders generally, forms an interesting study.

The Bath is also a chief promoter of *personal comeliness and beauty*. This is especially true of the Mineral Bath, as we shall have occasion to notice further on, in treating of the St. Clair Mineral Baths. *It clears the complexion*. For this purpose the Irish peasant girls resort to their rude hot air or hot vapor baths, and with noticeable success. So, wherever the Bath has been cherished as a national institution, the hair of the women has been peculiarly luxuriant and beautiful, the complexion more delicate and brilliant. "What is it," says one, "that makes the Turks such graceful and handsome men, and the Turkish women so exquisitely lovely? Nothing in the world but their frequent use of the Bath." An American writer, describing a visit made by him, with a party of friends, to the Baths of Constan-

tinople, remarks that the skins of the bathers looked so white, their lips so red and the delicate rosy tinge of their cheeks so tempting. "Even old age seemed to bloom again, while a universal exhilaration took possession of us all."

Even in "Pilgrim's Progress" we find a similar allusion with reference to Christiana and her children. They went all of them into the Bath, and when they came out they looked fairer a deal than when they went in; and the Interpreter took them and looked upon them and said: "Fair as the moon!" Homer describes Achilles, on issuing from the Bath, as "looking taller, fairer, and nearer to the immortal gods."

The Bath, then, and not cosmetics or any such unnatural appliances, is the true beautifier. While the latter produce a certain stoppage and destruction of the natural pores, wherever applied, thus hastening the wrinkles and sallowness they are intended to correct, and destroying what of comeliness there may have been; the former (the Bath) acts as a natural preserver and enameller, while so much less expensive! If anything will retard the advances of age, the Bath will. Says Dr. Wilson (referring especially to the Roman Bath): "In the Bath there are no wrinkles and no decrepit age; the skin becomes firm and elastic; it recovers its color and its smoothness; it fits close to the muscular frame beneath; its hues are selected from the palette of youth; as the skin regains its health, the hair returns upon the scalp of the bald, and white hairs, which have crept untimely and unbidden among the locks, shrink away."

The particular consideration of the Bath in its direct adaptation to health, we reserve for "The Bath Treatment." We have alluded to it here, in order to complete the mention of those three great and beneficent uses to which a long and wide experience shows the Bath to be so admirably adapted: **CLEANLINESS, PLEASURE, HEALTH** and **COMELINESS**.



PARTIAL VIEW OF ST. CLAIR FROM THE RIVER.







## TESTIMONIES.

As a fitting close to this part of our subject, we here present you, in condensed form, a few testimonies of practiced bathers, as to *the immediate healthful and pleasurable feelings* experienced from Bathing. We shall take no pains to distinguish the particular kind of Bath referred to in each instance, since much the same may be said of *all* judicious and scientific Bathing, such as the visitor at THE ST. CLAIR SPRING will be treated to—only reminding you that so far as *healthful* effect goes, THE ST. CLAIR BATHS, *possessing such natural medicinal virtue*, have here a decided advantage over all kinds of Bathing with ordinary water, of whatever temperature and however applied.

“The Bath is the best of the good things of this world.” “The after-bath state is the most delightful condition of laziness I ever knew, and I tried it wherever we went afterwards on our little tour.” “The enjoyment to be thus derived is hardly to be realized by the imagination of those who are strangers to it. It produces a harmonious and healthy action of every organ; it braces the nerves; it produces a suppleness of the muscles and joints, a firmness of the tissues, an elasticity in the whole frame, tending to a delicious elevation of the spirits and serenity of the mind.” “The breast dilates and you breathe with voluptuousness. The blood circulates with freedom and you feel as if disengaged from an enormous weight, together with a suppleness and lightness to which you have hitherto been a stranger. A lively sentiment of existence diffuses itself to the very extremities of the body.” “Melancholy is overcome, irritability is allayed and cheerfulness, without any evident cause, ensues.” “In a few minutes we began to feel a delightful glow in our veins, and on returning to the dressing-room my sensations were indescribably agreeable—absolute repose of body and a calm tranquility of mind, equally unusual and pleasurable. It seemed as if pleasure were breathing from every pore of my cleansed and softened skin.” “A delicate tissue of softness seemed to envelop my body and a wonderful feeling of amiability toward all the race of mankind glowed within my breast. Every motion gave me pleasure and I could scarce recognize myself.” “Then a beneficent spirit of warmth pervades the whole frame and a divine sense of pleasure is



all that remains to us of our existence." "A sense of life and consciousness spreads through every member." "The bather now performs his toilet and quits the Bath, light, cheerful, buoyant and happy. Staid old gentlemen, grave and reverend seigniors who have not performed a caper, perhaps, since the days of their hot youth, the dyspeptic, the rheumatic, and valetudinarians of all sorts, now feel as if they could skip and jump. The bather feels like a giant refreshed with wine and as if a great weight had been removed from his system; and the world, as a whole, seems rather better than it was before. The calls of appetite begin to make themselves felt; and the grateful bather begins to think, with the poet,

*'Oh! if there be an Elysium on earth,  
It is this! It is this!'*

"A sense of perfect ease and unlimited satisfaction is felt." "This is the culminating point of the bath. The sensations experienced here are exquisitely delightful; it is impossible for any one who has not experienced it to conceive the pleasure afforded. It is indeed *a new sensation*. 'How difficult it is for the bather to bring his mind to the belief that he has had enough! The only regret felt is that an enjoyment so delicious should come to an end.'" "And now commenced a state which many have attempted to describe, but have attempted only to fail. Nothing seemed wanting to perfect bliss but the thought that I could not lie there forever." "The soothing effect of the water, as it came over me, I shall never forget. The sensation produced is not to be described. It partakes of tranquility and exhilaration; of the ecstatic state of a devotee, blended with the repose of an opium eater. The head is calm, the heart is calm; yet there is neither drowsiness, stupefaction, nor numbness." "How marvelously soothing!" "All care, all anxiety, all trouble, all memory of the external world and its miserable littleness, are chased from the mind. Even the tyrant *Pain* loses his miscreant power here. For this is the region where the suffering find a soothing relief from all their torments. Over the door is written: PAIN ENTERS NOT HERE!"



## IV.

# HISTORICAL.

---

"So Nature hath purveyed that during all her reign  
The Baths their native power forever should retain."

DRYDEN.



LET us next review the *History* of Bathing as an Institution or Custom. Such a review will throw much light on our subject and enable us better to appreciate Bathing and the Bath Treatment. He who studies into the history of Bathing as a custom or institution among men, will soon find himself developing an interest bordering on enthusiasm. He will be surprised to find how the history of the Bath in each tribe or nation throws its illuminating light over that whole people and their entire history.

As the clouds of vapor were wont to rise and gather about the walls and columns of one of those old Roman Baths, almost hiding them and the happy bathers from view, so is the origin of the Bath shrouded in the mist of antiquity. Ages before Archimedes leaped from his bath, Bathing as an institution had existed. In various parts of the world have been found remains of Bathing establishments whose age even tradition does not attempt to measure. So it has been pertinently said: "Why should not the Bath have belonged to the very earliest period of human society? It is certainly excellent enough to have been from the beginning."

We infer the origin of the earliest bathing establishments to have been on this wise: A warm, perhaps intermittent, spring is discovered. It becomes at once an object of wonder and veneration; especially if its water is also found to possess mineral and medicinal properties. As invalids begin to resort hither, perhaps a temple is built to the particular divinity—Apollo, for example—supposed to preside there. Then, to meet the growing demand, the waters are collected in artificial reservoirs. Such, no doubt, the origin of those most ancient Baths, whose ruins have always formed a most important and interesting department of antiquarian research.

Coming down to later times (though still ancient), we are entertained by the traditional accounts of the origin of certain natural springs of high temperature, and possessing—like the St. Clair Spring—strong mineral properties. It was for a long time actually believed, for instance, that the celebrated mineral wells of Bath (England) were produced by the royal necromancer, King Blaedud, and his “all powerful wit,” who “buried deeply in the earth at Bath two tuns of burning brass and two formed of glass, the latter of which contained seven species of salt, brimstone and wild-fire; and these, being placed over the four springs, occasioned, by the fermentation of their contents, that great heat.”

By what mysterious means benign Nature from her underground laboratory compounds and sends up to man these varied health-agents, we may not yet be able scientifically to determine. Yet, why care so much for this, while we possess—namely in the Bath—such a simple means for practically testing and utilizing these wonderful nature remedies?

Let us glance at the History of Bathing among some of the principal nations:

1. **AMONG THE JEWS.**—Bathing was a time-honored Jewish custom. The patriarchs enjoined and practiced bathing as a means of bodily and spiritual purification. The prophet Elisha directs Naaman the leper to bathe in the Jordan. The Saviour commands the blind man to wash in the pool of Siloam. And how many sick came or were brought to the far-famed Bethesda, to bathe in its healing waters.

The bathing-chamber was a common adjunct to Jewish houses. With the wealthier classes this was frequently connected with the garden. Josephus speaks of a castle luxuriantly provided with a volume of water in its court, also of a Herodian palace with spacious pools adjoining, for the guests to bathe and swim in—reminding us of the Oakland Swimming Baths, to be hereafter described. Among the very earliest indications of public bathing establishments any where, are the “pools” of Scripture. A number of these—as the Bethesda pool, just mentioned—appear (like the St. Clair Spring) to have possessed mineral properties, on account of which they were the more sought after by the diseased and infirm. The early Jews connected *anointing* with bathing; luxury added perfumes. Thus, in the “purification” of King Ahasuerus’ maidens, as mentioned in Scripture, we read of “oil of myrrh” and “sweet odors.”

Bathing with the Jews had also a decidedly *religious* character, the underlying principle of which is perpetuated in baptism. It is an interesting question, how far, as a prescribed part of the Jewish ritual, Moses had in view the prevention of those skin diseases, so common in the East, and to which the Bath Treatment is so adapted. This religious use of the Bath connected itself with their *public worship*. The Bath was prescribed for the high-priest at his inauguration and on certain other important occasions; while in the later temple the priests had their separate bathing apartments.

The history of *Mineral* Bathing among the Jews is especially interesting—using “mineral” in its broader sense (as hereafter explained). Such springs were held in high repute for their curative virtues. Commander Lynch, of the United States Exploring Expedition, visited a number of these. Herod, in his last illness, by the advice of his physicians, was taken to one of these natural springs for treatment. At the more famous of these the Romans, when they came into possession of the country, erected spacious Baths, the supposed ruins of which may still be seen.

2. AMONG THE GREEKS AND ROMANS.—The Greek usages of the Bath have prevailed from the earliest times. Homer makes frequent references thereto. Hercules is indebted to Minerva and Vulcan for the refreshment of a warm bath; while the experience of Ulyss-

ses in the bath prepared for him by the nymphs of Circe is thus described (Pope's translation):

"An ample vase receives the smoking wave,  
And in the Bath prepared my limbs I lave;  
Reviving sweets repair the mind's decay,  
And take the painful sense of toil away."

As early as the siege of Troy it would appear that the Bath was an established custom in the Greek camp.

To such an extent at one time was Bathing as a social custom carried among the Greeks, that the laws of hospitality, it is said, prescribed the immediate tender of a bath to the newly arrived guest. Their appreciation of the Mineral Bath is shown by their poets representing such springs as the natural baths of nymphs.

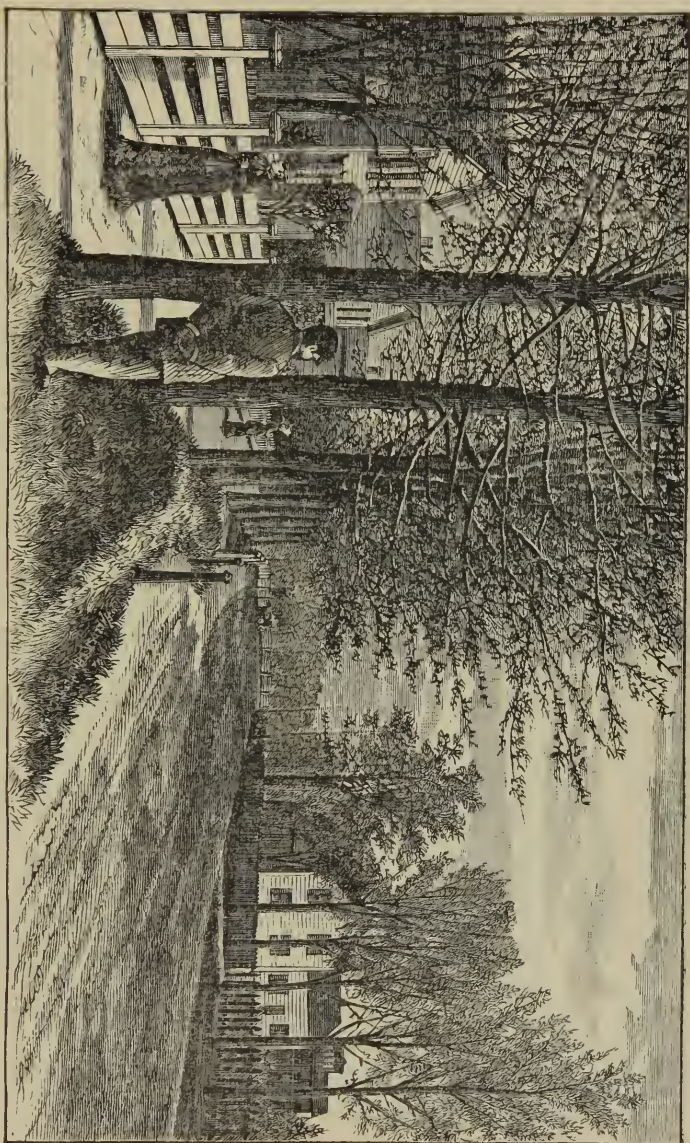
The Greeks and Romans also connected with their bathing the practice of Anointing. Homer speaks of Venus' anointing the body of Hector with an oil scented with roses; while Juno is represented as anointing herself with oil "ambrosial, sweet and odoriferous." And Suetonius speaks of the emperor Caligula as having invented a new luxury in bathing usages, namely *perfuming* the water, whether cold or hot, by an infusion of precious odors; though we have seen that essentially this was long before practiced by the Jews.

Bathing with the Greeks and Romans had its *religious* significance also; their mineral springs were usually devoted to some god, while their preparations for sacrificing, reception of oracles, etc., were prominently connected with the Bath.

Public Baths were highly esteemed by the Greeks, and liberally supported. Plato makes the Public Bath one of the essential institutions of his Model Republic. The Grecian Public Baths were ordinarily attached to their *Gymnasia*. These Gymnasia "were spacious and splendid places, in which both mind and body received cultivation and were exercised for the purpose of producing accomplished scholars and athletic warriors." So that "the heads of the republics of Athens and Sparta considered they had not done their duty, nor rendered the condition of the people tolerable, unless they afforded them the means of enjoying strengthening baths and athletic games."

It was *the Romans* who advanced Bathing almost to a fine art,





FRONT STREET ON "THE HILL," LOOKING NORTH.





especially under those emperors who ruled from about B. C. 20 to A. D. 300. The "splendid vestiges" of their Public Baths, still remaining, are the wonder and admiration of all who visit them. Rome alone claims to have possessed at one time not less than 900 public and private baths, while no Roman villa not thus provided was properly furnished. This at last grew to such extravagance as to call forth the sarcasm of Seneca, that unless the Bath was now encased with costly Thasian stone, and the water came through silver tubes, its owner was held to be poor and sordid. And as to the *Public Baths*, Seneca says: "What a profusion of statues! What ornamental columns supporting nothing! We are come to that pitch of luxury that we disdain in our Baths to tread upon anything but precious stones."

But occasional excess and perversion, in anything, are no argument against the proper use; that very excess rather proves the real worth of the thing itself. And here we may notice, as an interesting item of Bath history, the pathetic manner of Seneca's own death. Ordered by the emperor Nero to destroy himself, he opens his veins, then swallows poison; this not acting at once, he orders himself placed in a warm bath, to excite hemorrhage. The soldiers growing impatient, he is carried into the room containing the furnace for heating the bath, where amid the suffocating vapor he is literally steamed to death.

As at Rome, so throughout the wide Roman empire we find the institution of the Bath, with reference especially *to strengthening and fortifying the constitution*. So that the Bath even became a common adjunct to a Roman military station. And where, if you hunt the centuries and the nations through, will you find better specimens of MEN, both physically and intellectually? Had their descendants kept up the Bathing customs of their forefathers, they might have preserved more of that old-time manliness and valor. When you compare the manly and aggressive character of the ancient Romans with the degenerate nature of the modern Italians, and remember how prominent the use of the Bath by the former, and how general its disuse by the latter, the twofold coincidence is very striking and very suggestive.

The magnificence of the Public Baths of Rome challenges our powers of belief, almost of imagination. They are described as "the

grandest constructions of the kind, in design and embellishment, that architectural genius ever created," not excepting the temples of the gods. All that was most perfect in material, most elaborate in workmanship, most elegant in art, was there gathered. Some of the very finest existing specimens of ancient sculpture were taken from their ruins, as the "Farnese Hercules" and the famous "Laocoon."

But let us not, in the bewildering luxury of those Roman Baths, lose sight of the fact that, as an institution, and in the design of their founders and supporters, there was also present this great object, *the health of the people.*

The *Extent and Capacity* of some of these Roman Baths was in keeping with their magnificence. The Baths of Caracalla, for example, whose ruins remain, were nearly a mile around, and were adorned with two hundred marble columns. Within this vast enclosure were theatres, temples, extensive festive halls, schools, free libraries, assembly rooms for discussion—all this in addition to the Baths themselves, in which it is said nearly two thousand persons could bathe at once! How wonderful to read that Burton, the explorer, found here, amid the ruins, a single room whose length measured over two hundred feet, and its width nearly one hundred and fifty! At each end were two temples, the one dedicated to Apollo and the other to Æsculapius, as the tutelary deities of a precinct sacred at once to the improvement of the mind and the health of the body. "A healthy mind in a healthy body"—that grand old Roman maxim!

Well for the ages since, well for the youth (of both sexes) in our academies to-day, were this maxim better carried out! And without justifying undue extravagance and luxury, we should seek to appreciate *the refining and culturing effect* on national character of such tasteful surroundings. We cannot have, and do not want, any such vast Roman establishments now; but let us see here an argument for so constructing and furnishing our popular resorts *as also to please and refine the taste.* In too many cases this is altogether lost sight of—the architectural plans, the immediate surroundings, the internal arrangement of rooms, furniture, etc., being such as to suggest a partitioned off barn or warehouse, rather than a homelike and delightful "resort." The important bearing of this on HEALTH must not be forgotten. It has not been forgotten by the projectors and proprietors of the Mineral Baths at ST. CLAIR. And in connec-

tion with every such "institution" why should there not also be found, on a greater or smaller scale, the library, the art room, the lecture hall, as well as the more usual social games and recreations—something after that old Roman idea, without its excesses?

But we have not even yet reached the pinnacle of the Roman Bath. The Baths of Diocletian form that pinnacle. Their construction covered a period of many years, and employed thousands of workmen. The amazing extent of these ruins, the loftiness of the arches, the beauty and stateliness of the pillars, the profusion of foreign marbles, the curious moulding of the vaulted roofs, the number of spacious apartments, with a variety of other ornaments and conveniences, place them among the most astonishing relics of the luxury and splendor of old imperial Rome. From the discovered remains of one of the Diocletian Baths a single room has been transformed into a church of quite imposing proportions. These Baths are said to have been furnished with over 3000 marble seats! What would New York or London or even Paris say to such public bathing institutions? They were possible then, only through the most lavish expenditure of the public money, those vast treasures which Imperial Rome, as the universal mistress, drew from a conquered world.

3. AMONG OTHER NATIONS.—Passing by much that might be said regarding Bath history among various countries of the East, we will glance at the institution of the Bath in modern times on *the Continent of Europe*. It was in the early part of the thirteenth century the use of hot baths for leprosy became so common for a time throughout the principal cities of Europe. The early Christians of Gaul had baths connected with their convents, and the French have long been acquainted with the science of Bathing. At a very early period vapor and other baths were numerous at Paris. The modern city abounds in bathing establishments, a number of which, to the credit equally of its science and its humanity, are connected with hospitals. Some of the Baths of Switzerland have long been famous. The same is true of Italy. The Germans have for many years been used to warm bathing. Charlemagne, it is said, would sometimes sit in council in a large warm bath of the waters of Aix. The present bathing establishments of South Germany rank among the first in

Europe. The nobility of England frequently visit these, in preference to any nearer home.

The Bath seems to have been introduced into *Great Britain* by Julius Cæsar when the Romans invaded that country, about the beginning of the Christian era. Among the most interesting of these remains are those at Wroxeter, England. Similar remains have been found in Scotland, of which those at Inveresk are, perhaps, the most remarkable. A rare and beautiful relic of the ancient Bath was discovered a few years ago by a cottager while trenching his garden, near Glasgow. This sculpture represented "a nude female of elegant figure, with a slight drapery about the limbs, passing through a doorway between two spirally ornamented columns, as if in the act of leaving the bath, while to her left another female figure, still more unattired, rests upon one knee, in a half reclining posture, under the fragmentary portion of a sculptured laurel wreath."

In Ireland, where are so many antiqarian remains and mysterious ruins, the natives have from time immemorial made use of what they call "sweating houses"—essentially a hot-vapor bath on the Roman principle, but very rude in construction. The main use of these "sweating houses" is to cure disease and improve the complexion. It takes the place, largely, not only of ordinary medicine, but of doctor, nurse and medicine. The young women of the country resort to it, after burning kelp, to clear their complexions—"especially if it happens to be near the time of the Ballycastle fair."

With the retirement of the Romans from Britain, about the middle of the fifth century, there ensued a state of general confusion and insurrection. The ancient cities, with their Baths, were destroyed by hostile contending tribes. This—with the natural dislike of a conquered race for adopting the national customs of their conquerors—will sufficiently account for the general decline of the Bath in ancient Britain, after the departure of the Romans.

Bathing institutions in Great Britain, especially in England, have experienced from time to time several decided revivals and modifications. We may here allude, in passing, to the celebrated "Order of the Bath," which dates back to the time of Henry IV, if not earlier. At the coronation of this king in the Tower of London, in 1399, a number of esquires were made knights, under the name of "Knights

of the Bath," because they had watched and bathed during the night preceding. Also (as some say) it was the custom for the candidate to receive his knighthood while immersed to the chin in a highly decorated bath.

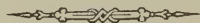
A marked revival of the Bath, especially as a sanitary institution, took place in Great Britain toward the close of the seventeenth century. Several causes tended to facilitate this revival, such as the more general diffusion of knowledge and the increase in Hydropathic (water-cure) establishments throughout the kingdom. It was about this time a prominent member of the medical profession, at the head of a leading Hydropathic institution, became convinced of the superior efficacy, as a sanitary agent, of the Bath, as practiced in certain parts of the East, and resolved to add to his establishment this new feature. Thus, in 1856, at St. Anne's Hill, was erected the first true "Roman" bath that Britain or, perhaps, modern Europe has seen. Gradually public and private Baths, on the same general plan, came into use in different parts of the kingdom. And so "the Roman Bath bids fair to become once more a domestic institution in Great Britain."

In any account of the Bath in Great Britain, some mention should be made of that famous locality (already referred to) whose celebrity as a Bathing resort long since acquired for it the distinctive name "BATH." The natural springs of Bath, beside being warm, are—like the Spring at St. CLAIR—*charged with strong mineral properties*, to which their remedial efficacy is largely due. Away back even in old Roman times the fame of these sanitary springs was such that the very ways leading to them were by law made "places of sanctuary;" while their existing records reach back almost to the beginning of the Christian era. Bath was at one time the leading city in ancient Britain. Then it fell into neglect and disrepute. Soon after the dawn of Christianity in England, in the sixth century, the neglected Baths, with the city itself, were revived. The early Saxon kings were fond of Bath, spending much time there, and embellishing it with their munificence. Later on, the city and its Baths fell under control of the clergy, and so continued, with varying fortunes, for a long succession of years, until the dissolution of the monasteries, about the beginning of the sixteenth century. Under James I. the Bath Mineral Springs were made a subject of special inquiry among medical men

and, by the recommendation of some of the leading physicians, were resorted to by the rich and great. The mineral waters of Bath now began to be used also—as those of the St. Clair Spring are—for *drinking*, being bottled and sent to the leading cities of the country. In 1687 Mary, Queen of James II., visited Bath, as during the years following did various other royal personages. The mineral wells of Bath now became the fashionable health resort of the kingdom. Improvement followed improvement. The city steadily increased in size and reputation, till by the close of the last century Bath had come to be, in its leading features as a Bathing and Health resort, very much the BATH of to-day.

Crossing the ocean to *America*, we find handed down among certain widely separated Indian tribes a form of hot bath, similar to that of the Irish, rudely embodying the main principle of the Roman Bath. The steam or vapor is produced by pouring water over heated stones. Usually the bathing hut is built near some natural stream, into which, upon coming out of the bath, they plunge. Bathing of this kind is with some tribes almost entirely a sanitary matter; with others it also forms a sort of social recreation. In Mexico and parts of South America artificial baths are well known. The Peruvians, for example, have their public baths.

Of the Bath, as a public or national institution in the United States, there is as yet not very much to be said, though its history is rapidly forming. The recent Bath revival in Europe has begun to be felt here. Such mineral bathing establishments as the one at ST. CLAIR, as also the different Hydropathic institutions, are gradually producing in the United States materials for a Bath history yet to be written. And thus we are encouraged to believe that throughout the United States the Bath is becoming in its various uses, especially its sanitary use, what the enthusiastic Lawrie believed it was soon to become in Great Britain—*one of the popular institutions of the land.*



From the Sketch now given, you have noticed among what widely separated peoples and in what widely separated eras the Bath as



an institution (under somewhat varying forms) has existed and flourished. From the mud-hut bath of the American Indian to those magnificent establishments of the early Romans; from China to the United States, and from Siberia to the South Seas; from the time of Moses, and before that, down to our own, *we find the Bath*. Hardly an institution among men appears along the path of history with more uniformity and to better advantage, especially in that all important direction of *Health*. As a result of the review now taken, how powerfully the conclusion is forced upon any candid mind that the true reason for such universality of the Bath is *its inherent and surpassing excellence*, so commending itself to the practical wisdom of mankind! And thus, by almost imperceptible stages, are we brought, in our history of the Bath, to the era of its regular and scientific use in modern times as a *Leading and Favorite Remedial Agent*. To this use of the Bath we next invite you.







V..

## THE BATH TREATMENT.

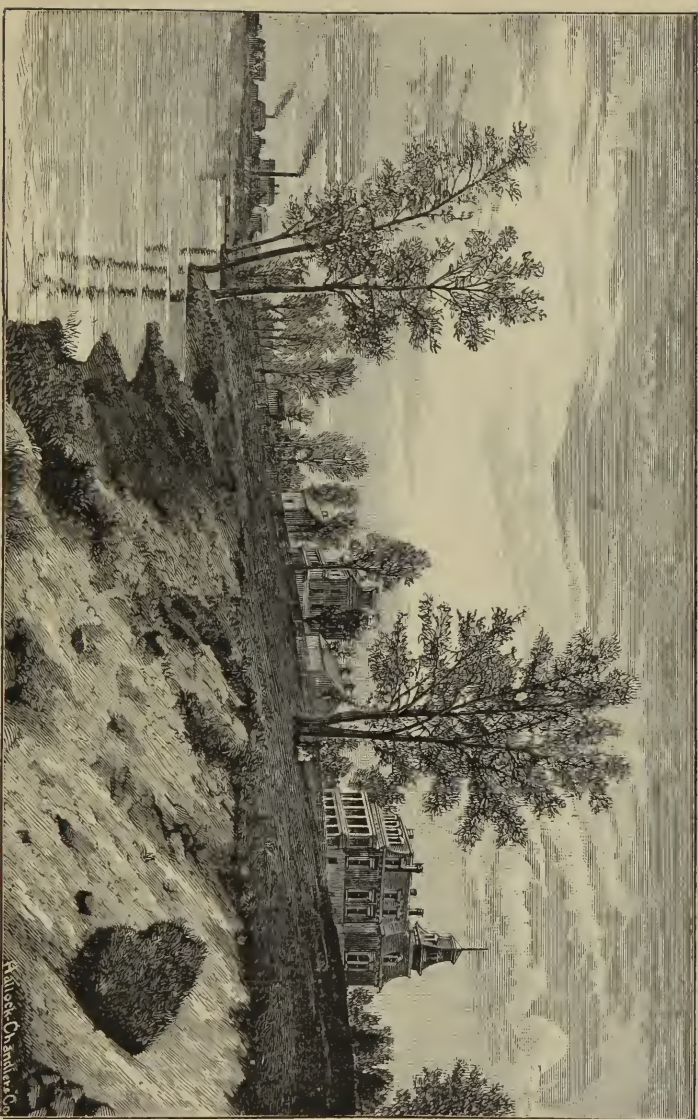
---



ET us then look at the Bath as a *Distinct Form of Medical Treatment*.

Baths for medical treatment may be classified (1) according to the substance or material used (as *water, air, vapor*); (2) according to manner of application (as *plunge, douche*); (3) according to the particular part or member subjected to treatment (as *half, foot*); (4) according to temperature (as *cold, tepid, hot*). When we speak in this connection of Mineral Water Bathing, we are to remember that "a MINERAL water, in the medical acceptance of the term, is one, which by virtue of its ingredients—whether mineral, organic, gaseous, or the principle of heat—is especially applicable to the treatment of disease." It is plain that the *mode* of Bathing for medicinal, or other, purposes, may be varied almost indefinitely—as regards duration, posture, greater or less immersion, nature of bathing material, manner of applying, dilutions, combinations, temperature; which suggests that here, in the great field of medical practice, lies a *distinct science*, still, perhaps, to be largely developed.

Within a comparatively recent period, and as partly the result of that modern revival in bathing customs, the Bath, as peculiarly adapted to the prevention and cure of disease, has been steadily developing into an *acknowledged system or science*. The prominence



RIVER BANK WITH PARTIAL VIEW OF ST. CLAIR.



lately given to Hydropathic treatment has helped this forward. In the Hydropathic system of treating disease, such is the importance attached to the Bath, that it has even been called "the keystone of Hydropathy." But it is vastly more than this. While essential to Hydropathy, as its crowning part, the Bath does not *belong* to that system. It belongs to all systems. It adapts itself to all, while promoting the efficacy of each. Allopathy, Hydropathy, Homeopathy, Eclecticism and the rest—however they may look askance at each other, should all look with kindness on the Bath, so adapted, as it is, to increase and further their beneficial effects. And this good time, we believe, is coming, when—remaining prejudices being done away—each "school" will gladly recognize and utilize what is good in any of the others, or in none; and when Balneology, the Science of Medicinal Bathing, as a kind of general and supplemental science, will take its place, and that a universal place, in the broad and varied field of scientific medical practice—the fitting "keystone" of all.

To some extent this is already accomplished, but how much remains! Especially when we include *Mineral Water Bathing*—such as that employed at ST. CLAIR. For, consider the varied dilutions, temperatures, durations and appliances to be determined and adapted to each patient and to the particular disease or stage of disease in each patient, with the constantly needed general medical advice and attention. Since it is only either medical ignorance or medical fanaticism or both (as the two are generally found combined) that ever recommend or allow that general and indiscriminate bathing, at one fixed "standard" temperature and duration as applied to all diseases and physical conditions alike. By such unscientific practices discredit has sometimes been brought upon the true *science* of Bathing. Hence, every health-institution of this sort should have—what the health-seeker may rely upon finding at the St. Clair Baths—not only practical treatment, but *scientific and skillful superintendence*. Says a medical authority: "There is as much skill and discrimination required in the proper application of Baths of all kinds, as in the ordinary administration of medicine." And if this be true as regards Bathing in general, it is especially true when the bathing material is a water containing—like the St. Clair Water—*strong and varied mineral properties*.

And so, in this broad and broadening field of Balneology there opens before the earnest student in medicine—we mean that one who is at once deeply studious and broadly philosophical, as well as thoroughly and rightly ambitious—a most grand and inviting department of medical science, to be by him still further explored and developed, for the good of humanity and to his own high and lasting honor. For such a scientific prosecution and practical development of this great subject, covering such an important and inviting department in therapeutics, the St. Clair institution, with its broad and liberal foundation, its enterprising spirit, and its progressive principles, offers a rare and tempting, even magnificent, opportunity.

When we speak of the Bathing Treatment as *lately* advanced to a prominent position in medical science, we must not forget the really scientific attainments, in this direction, of the ancients, by which it is seen what a leading place this Treatment has always held; how, from the beginning, it has almost led the van in the rank of a true scientific medical progress. Not till the time of Hippocrates, “the father of medicine,” about 400 B. C., did general medical practice begin to settle itself into true scientific modes. But centuries before, Bathing, as a form of medical treatment, had been known and practiced, as we have seen; while the fact of the Bath retaining such a prominent position in the science of medicine, as developed by Hippocrates, is confirmatory proof of its perpetual value as a medicinal agent. Hence the propriety of speaking of the present era of Bath-treatment as a “revival” of something very ancient, even from the beginning, rather than the development of something comparatively modern.

That Hippocrates, that mighty “father of medicine,” whose name has received the veneration of more than twenty centuries; who, as a medical authority, commands such respect at the present day; and who “left monuments of his genius more durable than the marble statues of Phidias, his cotemporary,”—that *he*, in his system of medical treatment, should have so incorporated and perpetuated the Bath is, we repeat, one of the best and most striking proofs of its universal value. From Hippocrates’ own works we learn how largely, as a medical practitioner, he used the Bath; and would have still more, but for certain reasons which he himself states. “The Bath is useful,” he says, “in many diseases. Sometimes, however, it must be



less used *because of the want of accommodation*—since there are not many families where there are all the conveniences, with persons who can manage them as they should. And if the patient be not bathed *properly*, he may be injured.” How well these words of the immortal “father of medicine” apply to-day! What an argument they yield in favor of *the public bathing institution!* in favor of such scientifically arranged and conducted establishments as that at ST. CLAIR, where the patient—while indeed in a comfortable, even luxurious “home”—has supplied to him, without any trouble or forethought on his part, all and more than all those bathing “conveniences” to which Hippocrates alludes, together with that constant, skillful and sympathetic superintendence and counsel, which—at whatever outlay—would be practically impossible in an ordinary family. Hippocrates was not only a leader in science, far ahead of his age, but a man of practical wisdom; and he showed it when thus indirectly recommending for bathing patients *the public institution*.

Are you, reader, an invalid? And is your complaint one of that large class to which the Bath is adapted? Then consider that you hold in your hand this prescription, translated from the Greek, signed “Hippocrates”—*Take a course of Baths at some reliable institution*. Be careful how you slight so high and venerable authority, either by neglecting the Baths altogether or by resolving to try them in some more private way at home. Especially is this desirable, almost a necessity, in the case of *mineral* Bathing in the water of a natural spring, as at ST. CLAIR.

**SOME OTHER ADVANTAGES OF A PUBLIC INSTITUTION** over the ordinary home, in this matter of the Bath-treatment, may here be mentioned: (1) *That relief from business and family care* which is such an aid to recovery, and which can be so much better secured away from home. On this account, if no other, the invalid who is contemplating the Baths should, if practicable, seek a temporary home in some suitable institution *not too near*. (2) *That systematic way of living* which is sought to be secured at every such institution, and to which so many private homes are strangers. (3) *The change in scenery, diet, daily occupations and general surroundings*. Especially when the natural scenery, the table and the numerous facilities for agreeable occupation are such as may be found at THE OAKLAND. (4) *The various recreations and pastimes* to be en-

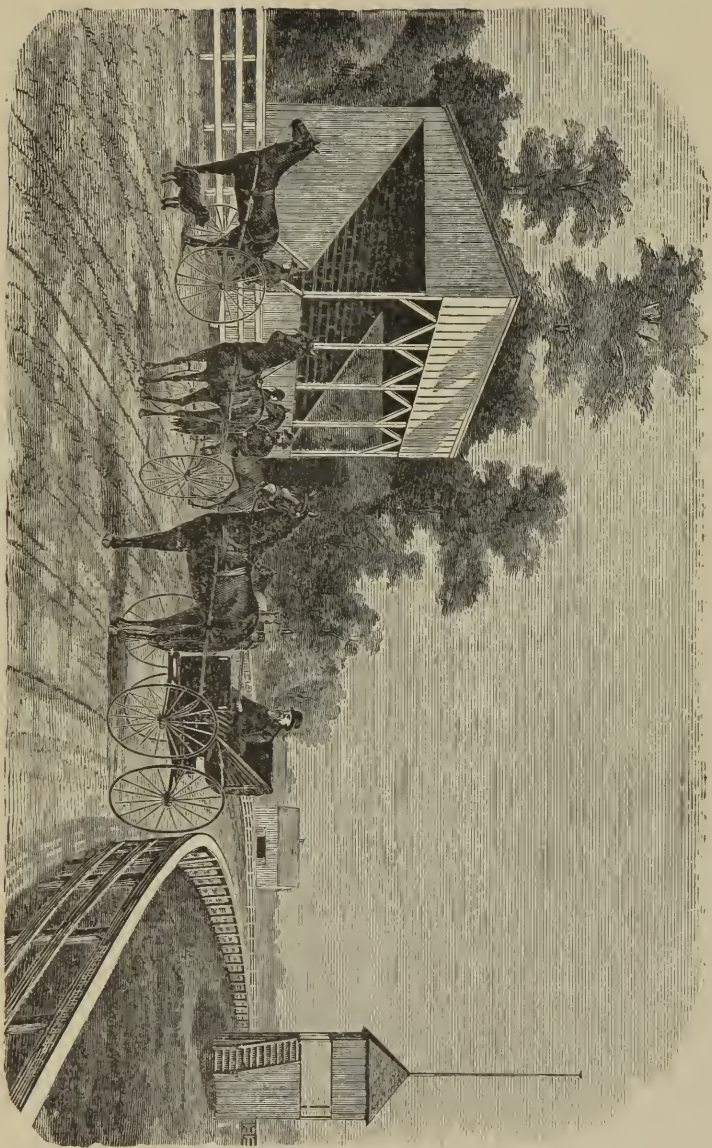
joyed at a large and well conducted sanitarium, which are such an aid to health, such a powerful co-operator in any form of treatment—partly because such amusements occupy and entertain the mind, and partly because of the physical exercise (frequently in the open air) connected therewith. (5) *The valuable acquaintances and strong personal friendships* often made at an institution of this kind. While this is not a leading motive, it is often such a pleasant and prized result! adding its weight to the many preponderating advantages of a thoroughly appointed public resort, such as THE OAKLAND at ST. CLAIR.

In speaking of the Bath as a mode of “treatment” in former times, we must remember one thing: How its so general use, as a national and social custom, acted as a constant and powerful *preventive*, fortifying the constitution against diseases that would otherwise have assailed it. And here, no doubt, one of the great secrets of their noticeable freedom from disease, as compared with us. And so it might be, should be, now. If people would but realize what this *habit* of scientific Bathing, especially Mineral Bathing, is calculated to effect in *preventing and warding off* disease—how much then needless medicine and doctoring, how much expense, how much pain and suffering, how much loss of time, and even loss of life might be avoided! And should it be objected that the average American *hasn't time* for this, then let him devote to it a portion of each annual “vacation,” taking himself and family to some first-class Bathing institution, like that at ST. CLAIR—at once a *Sanitarium* and a *Pleasure Resort*. How would such a practice on the part of our American people tend to *forestall* disease by fortifying against it!

We find the impression on the minds of some that Bathing with those Greeks and Romans was little more than a luxury and pastime. But we have not read history aright if we have failed to notice how, in their Bathing arrangements and practices, *the preserving and promoting of health* was a leading consideration, pointing toward that scientific employment of the Bath as a distinct “treatment” afterward developed. And how wise and philosophical in them thus to connect health preservation with something pleasant, *something really recreative!*

The more luxurious Romans used the Bath *for promoting digestion and appetite*—hinting toward its peculiar adaptation to a certain wide and expanding class of modern fashionable diseases. A hint





RIVERSIDE DRIVING PARK.



which there are abundant facts to justify, in the similar successful application of the St. Clair Water. A *timely* hint, too, which ought to be "taken" by many among us who are, more or less, the unfortunate subjects of *dyspepsia, indigestion, liver complaint, loss of appetite, etc.* Again, we find Augustus, the Emperor, practicing the same "treatment" for certain *nervous disorders*. Another plain and practical hint for us in favor of the Bath treatment, in another, but not less important direction. And as an interesting and valuable item in the history of the Bath cure, we read how this same emperor Augustus was *thus* recovered from a dangerous illness after his other physicians had declared his case desperate.

**A FEW TESTIMONIES AND EXAMPLES** are now offered you, with the view of confirming and emphasizing what we have said with reference to the practical importance and value of The Bath Treatment—without, however, specifying *the particular kind* of Bath employed in the several cases.

Denon, who accompanied Bonaparte into Egypt, says the native Bath to which he resorted for his *inflamed eyes*, gave him great relief. In Central Africa a form of Bath treatment prevails, as applied to *various diseases*. The inhabitants of other localities treat *remittent and other fevers* in a similar way. In Ogilby's "America" (1671) we read how the natives of New Netherlands (now New York), when sick, go into their Bath and place hot stones about themselves, "which done, and having sweat a considerable time, they leap into cold water, by which they find ease of *all their distempers*." The illustrious founder of Pennsylvania, William Penn, has furnished us a graphic account of a scene of which he was an eye witness, illustrating the Indian mode of using the Bath in sickness. Visiting a certain chief, he found him seriously ill of a *fever*. Having first subjected himself to a severe sweating, "in less than half an hour he was in so great a sweat that when he came out he was as wet as if he had come out of a river, and the reek or steam of his body so thick that it was hard to discern any body's face that stood near him." Meanwhile his wife had been cutting a hole for him through the ice into the river. "In this condition he ran to the river, about twenty paces, and ducked himself twice or thrice therein, and so returned. Then, wrapping himself in his woollen mantle, he lay down at his length near the fire in the middle of his wigwam, turn-

ing himself several times till he was dry; then he rose and fell to getting us our dinner, seeming to be as easy and well in health as at any other time." Another account, treating of certain Indians, says: "They are generally healthy; the only disorders we had occasion to remark being of a *scrofulous* kind; and for these, as well as for the amusement of those who are in good health, hot and cold Bathing is very commonly used." The Bath among the Rocky Mountain Indians "is used indiscriminately *for rheumatism, venereal, or, in short, for all kinds of diseases.*" The Mexican physicians esteem the Bath highly, this treatment being successfully used by them "*in various disorders, especially those connected with the digestive organs*"; also *for stings of poisonous insects and reptiles.* Allusion was made in our Historical Sketch to the vapor Baths of the Irish. A word may be added as to the specific use of this Bath in disease: "The process was reckoned *a sovereign cure for rheumatism and all sorts of aches and pains.* The patient remains within till he begins to perspire copiously, when (if young and strong) he plunges into the sea, but the aged or weak retire to bed for a few hours. This primitive Bath has been successful *in removing pains of long standing*; and people on the main land have come for the express purpose of trying its efficacy."

Dr. Erasmus Wilson, treating of the Oriental Bath, speaks of it as adapted "to make health healthier, and alleviate disease, whatever its stage or severity." Dr. Robert Lyall, referring to the same, says: "All pains and stiffness vanish from the limbs, and we feel light and buoyant as feathers. All bodily pain, be it what it may, disappears in these Baths—of head ache, tooth ache, cramps, convulsions in the limbs or face, gout, rheumatism, there remains not a trace." And what would many, perhaps the present reader, give to be relieved even for a time from these distressing complaints? Dr. Granville, from his experiences in a similar kind of Bath, confirms what Dr. Lyall says, adding: "The physical effects of this Bath are highly favorable to the constitution. I think I am indebted to it for the removal of severe rheumatic pains which, before, nothing seemed to alleviate. A Russian is apt to think that almost every disorder to which he is necessarily liable from the severity of the climate, may be removed by the Bath, and he flies to it on all occasions when ailing." On two other occasions Dr. Granville went to this establishment, in St. Petersburg, with every symptom of an approaching

feverish cold, and returned quite well, and continued so. Dr. E. Clark, commenting on the importance of Public Baths, and urging their more general use in England, says : " We might, perhaps, find reason to allow that erysipelas, surfeit, rheumatism, colds and many other evils, especially cutaneous and nervous disorders, would be alleviated, if not prevented, by a proper attention to Bathing." Certain it is, the inhabitants of countries where the Bath is most used have full confidence in its healing efficacy in their various disorders and are seldom disappointed. The working classes among the Turks, for example, hardly know any other remedy, and rarely think of consulting a physician. If the Baths fail to help them, they think nothing else will. Even in such countries as Lapland and Norway they are found to " afford longevity and vigorous health to a people otherwise liable to mortal diseases, from their rigorous climate and unwholesome diet." Sir Arthur Clarke, speaking of the Egyptians, says : " In every town and village there is a Bath, the use of which has a powerful influence on the health of the people, by removing the causes of those complaints which would otherwise seriously afflict them. By this means they avoid a number of cutaneous diseases, as well as rheumatism, catarrhs and fevers." Savary, a French author of the last century, uses almost the same language in speaking of the Turks : " Here they prevent or exterminate rheumatisms, catarrhs, and those diseases of the skin which the want of perspiration occasions." So with those constitutions weakened by frequent attacks of aguish fever. Also in the breaking up of fresh colds—the cause or beginning of so many serious disorders—as well as in fortifying the constitution against cold and liability to take cold, a most important consideration, especially for those living in a changeable climate. " Every one I meet to-day, cloaked up to his nose," says Dr. Brereton, " tells me it is a cold day ; I am not sensible of it, though I was formerly as sensitive to cold as most people, and was even thought to be consumptive." " I assure you," he adds, " that so long as I take my bath once or twice a week, no degree of cold affects me, let me clothe as thinly as I may." This interesting experience may remind some of our readers of a recent statement in one of the New York dailies, to the effect that in coming from the hot bath into the open air, in the very coldest weather, the first sensation, instead of being chilly or unpleasant, was as though one had put on an extra overcoat ! Again, Scrofula—that direful disease by which, in one



form or another, it is claimed one-sixth of the human family is carried off; whose taint, as a malignant and inveterate blood poison, is transmitted from generation to generation; and which, whenever present, always stands ready, as an adjunct or aid to any specific disease that may assail the system—even this great enemy of the race is met by the Bath treatment with most pleasing success. And why, if not as the effect of their constant Bathing habits, are so many other diseases, so common with us, scarcely to be found in many parts of the East? In Constantinople, for example, gout, gravel and stone are medical curiosities—how many of the readers of this pamphlet wish they were so here!—while rheumatism, with chronic skin diseases generally, are there very uncommon. And this, notwithstanding their conspicuous lack of sewerage, drainage and good nourishment.

Bathing populations, as a rule, are very healthy populations. When the population of Rome was at its height, the city had between 800 and 900 Baths; not a single hospital, so far as we read! It is even said that for several hundred years Rome had no physician; the Baths and Gymnasia being their physicians. And we notice how small-pox, that dreadful European scourge, appears to have come in as the Baths of the ancient Romans went out of general use. That disease, with other kindred diseases—such as scarletina and measles—and also cholera, were apparently unknown to the Greeks and Romans, fearfully familiar as they are to us. In populations where one part habitually uses, while another part as habitually neglects the Bath, we find strikingly similar results. In Cyprus, for instance, the Mohammedan population make habitual use of the Bath as a religious rite, “and are singularly exempt from pulmonary consumption;” the so-called “Christian” population, neglectful of the Bath, “are as subject to this dire disease as other European nations.” According to Mr. Urquhart, who has enjoyed a very extensive observation, “Where the Bath is the practice of the people there are no diseases of the skin. All cases of inflammation, local and general, are subdued. Gout, rheumatism, sciatica or stone cannot exist.” As to Consumption—that pallid spectre that sits by so many hearths—it is not only almost unknown where the Bath is generally practiced, but by its means is even curable. And how sad the fact of so large a proportion of the human race dying in infancy! But experience has sufficiently proven that by proper attention to

skin treatment "many of those formidable diseases which now commit such havoc upon the tender lives of infants, might be more easily managed, if not entirely prevented." The hot Bath is confidently recommended as "a powerful remedy" against that fatal scourge, especially among children, scarlet fever. As regards contagious and pestilential diseases generally, a learned medical writer observes that in such a state of the system as that which certain forms of the Bath are fitted to produce, contagion "finds no material to ferment upon, so as to assimilate to its own poisonous nature, and by which to propagate its destructive virus." It is also claimed by some that, as a preventive against small-pox, a rigorous Bath Treatment is even superior to vaccination.

Dr. Goulden, of London, took pains to watch the effect of certain Bath applications on those who came to an establishment in that city, to receive its remedial benefits. He says: "I saw there cases of fever, scarletina, phthisis, gout, rheumatism (acute and chronic), sciatica, bronchitis, forms of skin disease, diseased liver, dyspepsia, ague, dropsy, with diseased heart, and diseased kidneys." In all these cases there was found decided relief. Describing a similar Bath at Cork, one who had visited that institution writes: "I see patients arrive with haggard looks, sunken eye, bent shoulder and trailing step. A short time elapses, and I observe the same persons with a bright eye, a clear visage and an upright gait." And this is the testimony of Dr. Hufeland—a virtual recommendation of the Bath, in the cases named: "The more active and open the skin is, the more secure will the people be against obstructions and diseases of the lungs, intestines and lower stomach; and the less tendency will they have to gastric (bilious) fevers, hypochondriasis, gout, asthma, catarrh and varicose veins." Says another authority: "In dropsy, from liver and kidney disease, the profuse perspirations of the Bath afforded much relief. In rheumatism and skin diseases it is invaluable. Internal congestions, chronic and scrofulous inflammations are relieved, and an equality of circulation brought about."

The reader has noticed the frequent and emphatic reference, by these varied authorities and witnesses, to RHEUMATIC COMPLAINTS, as yielding so gracefully (while usually so stubborn) to the Bath Treatment; and this too, be it observed, "not at the cost of a weakened



and debilitated constitution, but in conjunction with an improved state of health and body, the whole system being strengthened and invigorated, whilst the special disease is driven out." And though it is not our intention in this pamphlet to present particular testimonials or detailed descriptions of cases that have been cured or helped by the St. Clair Baths, the writer cannot resist the temptation to reproduce here, in connection with that "rheumatic" testimony as above given, an item read by him in a local paper, not thirty minutes previous to the present writing, concerning a prominent clergyman of a neighboring city, "who took baths for a number of weeks at the St. Clair Springs last summer," and "expresses himself as having been greatly benefited by the treatment received, as a result of which *he has been entirely free from rheumatism this past winter.*" So readily and pleasantly at the St. Clair Spring may these living, aching barometers, which so many of us involuntarily carry around with us in our knees and elbows and shoulders, be effectually disposed of.

Some special allusion should also be made here to DISEASES OF THE LUNGS AND RESPIRATORY ORGANS, which form a class not less important or less difficult than the last, and probably still more common and fatal. That even *Consumption* is curable, or ought to be curable, has been a growing impression among our eminent medical authorities. But in what direction shall we look for this most desirable result? Travel in foreign lands—though so heroically practiced—has not, as a rule, furnished the sought for relief; and when such relief has been in this way found, is not the benefit to be largely attributed to the increased action upon and of the skin, produced by the greater heat of the foreign climate? But all this and more is readily supplied by the Bath Treatment, without the expense of foreign travel, and without exiling oneself to a distant land to die a lingering death, away from home and friends. The general Bath Treatment—in connection with application, according to direction, of the St. Clair Mineral Water (diluted)—is adapted also to that fearful and getting to be fearfully popular disease, *Catarrh*, which it readily relieves and will many times cure. The same may be said of *Bronchitis*.

The Bath Treatment in its successful application to *Intemperance*



FIRST WARD SCHOOL—CATHOLIC CHURCH IN DISTANCE.



SECOND WARD SCHOOL BUILDING.



and *Insanity*, where the former has come to be a disease, might also be dwelt upon and illustrated.

We do not claim for the general Bath treatment, any more than for the St. Clair Water, that it is a cure for everything. But from what has been said, judging from the testimonies and examples that could be presented within our present narrow limits, you must be convinced of its wide range and uniform success. With what interest and even affection, then, should we look upon the Bath—especially when used in connection with a powerfully medicinal natural water, like that of St. Clair! “An institution which will prevent, as well as cure, disease; which comes down to us from the most remote ages, and is now used by a large proportion of the human race; which is venerable from its antiquity, founded upon science, supported by authority and confirmed by experience.”

### PHILOSOPHY OF THE BATH.

And we would not be surprised at such results, but would rather expect them, did we pause to consider the *Philosophy of Bath Action*, the *Principle* of the Bath Treatment. This has been partially brought out, here and there, in what you have already read; but we wish to fix your attention here somewhat more carefully.

The Bath, then, as regards its nature and mode of action, is a FORM OF EXTERNAL TREATMENT, as distinguished from the internal administration of medicine through the throat. It can thus lay claim to the general advantages of the External Method. These advantages—on which we do not enter here—are coming to be more and more recognized and appreciated, both by invalids themselves and by the more educated and liberal of the medical profession. How often has the patient, too evidently past help from any internally administered medicine, and given up to die, been brought back to life and health through some such external appliance—as a last resort, perhaps, of the attending physician himself! Very much such a case occurred in the writer's own family; the youthful subject of that treatment, then at the door of death, being now a robust and hearty young man.

The different materials and modes for such external appliance are legion, and we have no occasion to dwell upon them here. But one who has not inquired into the subject will be surprised to learn the *variety of substances* which have at times been used for Medicinal

Bathing. Some of these are very strange, and some are very vile—supplied not only from the mineral and vegetable, but even from the animal kingdom. Dirt Baths and blood Baths are bad enough, but even these are not the worst that might be named. Of Medicated Baths there is a tedious variety, with whose names we shall not cumber our pages. But we notice this: There is in all these—however diverse, however extravagant—the practical recognition of one grand physiological fact or principle, that the skin is not simply a *part* of the human system, to be doctored when diseased; but a most important *organ*, possessed of varied and important functions, on the right and free action of which the general well-being of the system, of the man, largely depends. Hence the value of the Bath, of the Mineral Bath.

For the healthy and effective action of this important organ, it is essential, as we have seen, *that the pores be kept clear and open*. When Leo X. was raised to the pontificate, in honor of the event a child at Florence was gilded all over, to represent the genius of the Golden Age. The result was the speedy death of the unfortunate boy. And why? Because the skin—its pores being thus effectually stopped—could neither *exhale* what it ought, of useless or noxious matter, from the system, for the proper cleansing within; nor *inhale* the necessary oxygen from the air for supplying the internal wants of the system, especially for feeding and purifying the blood; and so, rather than from any immediate injury of the superficial skin itself, the gilded boy died. Let us remember the skin is a true *Breather*. So much so that—as those learned in such matters tell us—some animals have no lungs, but breathe through the skin. That the skin is also in a somewhat different sense, a true *Feeder*, might easily be shown. How sometimes has life been, for a considerable period, sustained simply by the application of some nourishing oil or ointment to the skin, in place of ordinary food. Now, when the dead scales of the outer skin, together with accumulations from external soiling, are allowed to grow and gather—as one has expressed it, “like moss on the bark of a tree”—the effect on the bodily health is necessarily pernicious. The blood becomes impure, the whole system is contaminated, and the foundation laid for various serious disorders. Pimples, boils, etc., are nature’s effort to relieve the blood of impurities which do not properly escape through the pores. Physiologists



tell us that the tiny ducts leading from within to those seven millions of pores which open upon the skin, would, if placed in a line, extend nearly thirty miles; while the surface skin itself, in the case of a man of ordinary size, covers an area of 2,500 square inches! By means of this extensive system of bodily drainage, that wonderful eliminating function of the skin is carried on; and so the skin becomes a sort of "nature's safety-valve" for the inner vital organs. Comparing the human system, with its complicated, delicate machinery, to a locomotive, the stomach is the furnace, the food is the fuel, and *the skin is the safety-valve*. Now, we know how disastrous the consequences when the safety-valve of a steam engine is obstructed or out of order. Equally injurious and often equally fatal (though less sudden) the results of an obstructed or imperfect action of the skin. This is illustrated by the almost incredible amount of dark-colored scarf-skin sometimes removed by the processes of the Oriental Bath from the person of one ordinarily cleanly, and by that instant sense of general relief, amounting to absolute pleasure. Such quantities of this effete debris are sometimes thrown off (or rather scraped and peeled off), especially in the case of one who has not recently bathed, "that the white sheet on which they recline frequently had the appearance as if one had taken a handful of macaroni and strewed it along on each side of where they lay." Mr. Urquhart tells us he once, for curiosity, collected this dead matter and had it dried; it was like a ball of chalk. The question, then, may suggest itself: Why, without any such strict attention to Bathing, are so many of us so healthy? The answer is, *we are not healthy*. How few of us, though we may not be "invalids," are measurably and pleasurable healthy! How few, and how seldom even that few, know the blissful experience of glowing health! The great majority know nothing of this. We are not healthy; we are only approximately healthy; *we need the Bath to make us healthy*, to make us know the pleasurable and positive experience of genuine, full health.

Enough has been said to enable the intelligent reader to appreciate how the Bath Treatment recognizes and honors the skin—"eliminating from its millions of pores and multitudinous cells effete and poisonous matters which are generated in the system, and which, if proper attention is paid to the functions of this very important organ, are carried off in the form of insensible perspiration; but which, if obstructed in their course, or reabsorbed into the blood as irri-

tating poisons, become the fruitful source from whence proceed malignant and fatal maladies." Hence, also, the additional value of bathing in some health-giving, invigorating natural mineral water—like that of the St. Clair Spring—the medicinal virtues of which are absorbed by the system through the skin, while the ordinary cleansing of the pores is going on as before.

Another important principle in Bath treatment has to do with TEMPERATURE. The degrees and interchange of heat and cold are capable of being varied almost indefinitely and, under proper direction, very advantageously. One main feature, you have noticed, about that old Roman Bath was *Heat*. To the judicious application of this powerful remedial agent—especially powerful in connection with Mineral Bathing—the St. Clair Management will give careful attention.

By the application of Heat—outward and inward—the pores are opened and perspiration stimulated. In this way nature is helped to relieve herself from disease, or from the otherwise certain causes of disease in the system. How many threatened "attacks" have been prevented by just "taking a sweat"! How many fevers and other diseases have been broken up in the same way! How anxiously is this favorable turning point looked for in the case of the very sick! One great stimulus to growth and development, both in the animal and vegetable worlds, is Heat. Its judicious application has the tendency to produce increased energy in all the vital functions. It gently stimulates the whole frame, while quickening and increasing the secretions drawn from the blood for the body's nourishment, and putting all the organs into that state of regular, free and full motion, which is so essential to health, and also to "that delightful repose accompanied by a consciousness of the power of exertion," which forms one of the highest physical enjoyments of which we are capable. The Bath is thus well adapted to take the place of Physical Exercise, where the state of the health or other circumstance makes such exercise impracticable. To the young especially, whose bodily organs are ungrown and undeveloped, the Warm Bath is a most valuable assistant.

The medicinal effect of Heat, as thus applied, beside stimulating, is to soften, expand, loosen and separate "all those small vessels where the extremities of the veins and arteries unite in the skin."



Thus the hold of disease is loosened and its escape from the system further facilitated. The great importance of Heat, in connection with the Bath Treatment, even led one enthusiastic and poetically inclined individual—with Watts' familiar hymn in mind,

"How doth the little busy bee  
Improve each shining hour,  
And gather sweetness all the day  
From every opening flower!"

to indulge the wish that a second Watts might arise, "to sing in moral songs the praises of THE BATH, and to describe the busy bather, and how *he* improves each sweating hour, and gathers oxygen all the day through every opening pore." Certainly, in a physiological view, there is much truth and philosophy in this. The heating arrangements at the Oakland Baths will be found particularly excellent, as the description soon to be given will show.

The principle of FRICTION is one on which the true philosophical action of the Bath also, in part, depends. Medicinally considered, this is to be apportioned to the patient's condition at the time. Properly applied, it excites the vital forces of the skin to increased action, and aids in producing that delightful *glow* of health. This frictional effect may be produced *in* the bath, by the rubbing or kneading process, or *after* the bath proper, by means of the attendant's hand, or by towels or brushes adapted to the purpose. This kneading or shampooing process, as connected with the native Turkish Bath, has often been amusingly described. Urquhart speaks of the bath attendant as "throwing himself on the bather's body, griping, hauling, pushing, contorting, jerking, doubling him up, and other gymnastics"—all which, of course, must be taken as pleasantly exaggerated figures of speech. By the native Turkish attendant a glove of camel's hair is also sometimes used, by which not only is the requisite frictional action more readily secured, but the dead and useless scarf skin effectually removed. To get the full benefit of the Mineral Bath, especially in rheumatic affections, this agreeable and simple frictional process will be found useful.

Another principle to be noticed has reference to what has been called the VICARIOUS function sometimes performed by the skin in promoting the secretions of internal organs whose functions have become impaired through disease. Thus the skin frequently becomes

"vicarious" in its action with respect to the lungs. We see this important principle illustrated in the increased ease with which one who is walking fast breathes, after he has begun to perspire; or by observing how, in starting out for a drive, your horse will freshen up under the same condition—that is, as soon as he begins to sweat. It shows the intimate sympathy between the skin and the lungs, as co-ordinate and associated organs of the system, and how the skin may aid and even, in a manner, act for the respiratory organs. Here, to a large extent, the secret of the Bath treatment for the relief of pulmonary consumption—relieving the lungs through the skin.

There is still another principle, which applies to all kinds of water bathing. It concerns the MECHANICAL ACTION of the Fluid upon the parts and pores of the body immersed in it. An equal pressure and equal temperature are thus secured to all parts of the surface at once, which is claimed to aid in promoting the healthful action of the skin. So far as equal pressure is concerned, if the greater benefit may be supposed to accompany the heavier fluid, the St. Clair Water would prove especially beneficial here. So dense is this water that, though largely diluted, only by a considerable effort can the bather keep his body under.

When thus we consider *the true philosophy* of the Bath Treatment, when we notice how simple and natural and effective its application, we find ourselves ready to claim for this Treatment a leading, if not the leading place in the medical practice of the day; we are no longer surprised at the remarkable achievements attributed thereto, seeing therein such a philosophical application of truly philosophical principles; but are prepared more heartily than ever to endorse the following testimony of a medical authority—while disclaiming for the Bath, in any form, that it is a cure for everything: "But I will assert, and I do it advisedly, both from my own observation and experience, and from the testimony of many eminent authorities in the medical profession, that it (the Bath) is better fitted than any other means to be a remedy in most cases of curable disease, and that it is calculated to be of great benefit in many which have been considered as hopelessly incurable." And so it rather becomes a question, not what the Bath Treatment *will* cure or help, but what it will *not*.



RIVER ROAD BELOW THE OAKLAND.





## VI.

# THE ST. CLAIR MINERAL WATER AND BATHS.

---



HE nature and advantages of the general Bath treatment being what we have seen, we are prepared to anticipate even better and greater effects where the bathing water used is found charged with strong and varied medicinal properties. Such is pre-eminently true of THE ST. CLAIR SPRING, this "Fountain of Healing Waters." For such, indeed, it is, and has often proved itself. Among the mineral wells or springs of the United States, this Spring claims to be unsurpassed in true value and importance, as well as in its natural advantages of location, its extensive and luxurious hotel accommodations, and its general support and management.

1. FOR DRINKING.—The beneficial effects of many mineral waters depend mainly upon, or are sought to be secured mainly by, drinking. The St. Clair Waters have here a decided advantage. In their invigorating and medicinal effects they are found equally adapted for Bathing and Drinking, and are constantly used for both. In order to make its use in the form of drinking more convenient, the St. Clair Water is sent, bottled or barreled, with directions, direct from the Spring to any desired destination. The philosophy



and value of its use in this form are apparent when we reflect that drinking is a kind of internal bath.

“He told the hidden power of Springs,  
And Disease *drank* and slept.”

Its beneficial effects as an aperient, a purgative, a general tonic, etc., when drank (diluted) under personal medical advice or according to accompanying directions, are very noticeable and important. A century ago the drinking of similar water for medicinal uses was quite popular in England. “It was thought, in small doses, to be stimulating. In larger quantities it proved purgative; but it differed from other purges in this, that patients who daily drank it for a considerable time, instead of losing, often gain strength by it. It increases the appetite and promotes digestion. Its chief use was found to be in purging off gross humors, the consequence of indulging the appetite too freely and of leading an inactive life; also in expelling worms. In milder doses it was exceedingly useful in scrofulous complaints and in glandular swellings.”

2. HISTORICAL AND DESCRIPTIVE.—As a Bathing resort, there is a little history connected with the St. Clair Spring which will interest you. Let it be remembered that THE OAKLAND—though upon so established and extensive a foundation, and notwithstanding all it has done, and all it has grown—is yet in its infancy, its early infancy. It is *only within a few years* these Waters have been used medicinally to any extent. As gradually it came to be found that they contained such valuable mineral ingredients, the people living about grew into the habit of coming after the same, then furnished “without money and without price,” to use at their homes for medicinal purposes. Such were the benefits experienced—even by this rude, partial and unscientific method—that an association was formed, a bath-house built and the Waters of the Saline Spring quietly turned into this new channel. How little those who thus used the Water then thought what a few years would bring forth! And as they now recall the bath-house of that time, with what interest, even astonishment they contrast its contracted size and accommodations, and its severe simplicity, with the commodious magnificence of THE OAKLAND of to-day! One of those earlier incidents or experiments—some time, we believe, before there was any bath-house—by which the undoubted and remarkable healing

power of the St. Clair Water was demonstrated, was the case of an infant suffering from what was judged to be *a very serious spinal difficulty*. Ordinary medicine and such medical skill as was employed affording no relief, the physicians declared the case hopeless. The child being brought to St. Clair, was placed under the charge of a kind lady (a distant relative) who lived near the Mineral Spring. She commenced bathing it regularly in water brought from the Spring. It soon began to amend, and in the course of three months was fully restored. A bath-house at the Spring was the natural outgrowth of such circumstances and experiments. Since then the Water has been analyzed and scientific confirmation given to those earlier practical proofs. The association by whom the Spring has been owned and operated has undergone, from time to time, various changes; the enterprise has gradually advanced, by a swift but healthy growth, till it has assumed its present magnificent form and character as THE OAKLAND HOTEL AND SANITARIUM.

### THE BATH-HOUSE.

THE BATH-HOUSE adjoins the Hotel building on the south, and is practically a part of it. It is furnished with thirty handsome bath-rooms; those for the gentlemen having commodious wardrobes, while each ladies' bath-room has a private dressing room adjoining—a convenience which every lady will appreciate and which, it is believed, *forms a distinctive contrast with any other Bathing establishment in the country*. The ladies' department is entirely separated from the gentlemen's, each having a reception room and a parlor. The bath-rooms are lighted from the roof, and heated by steam coils or pipes so managed as to secure any desired temperature. The bath-tubs are all porcelain lined. There are also two separate SWIMMING BATHS for ladies and gentlemen respectively. Here may be enjoyed at any season the luxury of a "swim" in this miniature lake of tepid, diluted, ever changing Mineral Water, with an equally mild and adjustable atmosphere. Here, too, children and others may safely learn the very necessary art of *Swimming*. These Swimming Baths will form one of the most healthful, popular and characteristic features at THE OAKLAND. Another important consideration is that the construction of the Bath-house and its connection with the Hotel building are such that guests passing to and fro between their rooms and



the Baths are not exposed to the outside air or to any other than a mild and equable temperature. There are also, in different parts of the Bath-house building, *four large fire-places*, which ensure at once comfort and ventilation. Other internal arrangements include private consultation rooms, offices, closets, etc. A broad and commodious VERANDAH extends across the entire front of the Bath-house and connects with that of the Hotel, making a continuous verandah fronting the river, very nearly 470 feet in length. The rear of the buildings also has nearly 200 feet of verandah, of the same generous width. The *total length* of the OAKLAND verandahs, which are proportionately wide, is over 800 feet.

### THE PUMP-HOUSE.

Just south of the Bath-house is located the ENGINE AND PUMP HOUSE, a neat, substantial brick structure, with a graceful tower 60 feet high. Here are the engine and pumping machinery by which the Mineral Water is lifted from its natural home into the artificial reservoir. Here, too, are the boilers for generating the steam used in heating all parts of the Bath Building and the Hotel, as well as for cooking and laundry purposes. There is also here a second pump by which pure, fresh water, direct from the St. Clair River near by, is forced into the large iron tank in the Hotel Tower. From this tank it is distributed to all parts of the Hotel and Bath Buildings, for all purposes. And when we think for how many different purposes fresh water is constantly needed, and in how many ways it is hourly used (in connection, also, with the mineral water) in an establishment like this, and how largely the condition of our health depends on *what kind of water* we use, it will appear no extravagance to say that to be where one can enjoy an unfailing abundance of such *always cool and pure lake-water*—drawn from no stagnant pond called poetically a “lake,” but from the very channel of the greatest system of lakes in the known world—is in itself a privilege which those who have enjoyed it can best appreciate.

3. NATURE, EFFICACY AND ADAPTABILITY OF THE ST. CLAIR MINERAL WATERS.—Turning from the water of the St. Clair River to that of THE ST. CLAIR MINERAL SPRING, we inquire somewhat more carefully *as to its nature, efficacy and adaptability with*

*reference to disease.* This water contains the following valuable natural ingredients, given in the order of quantity: *Sodic Chloride*, *Calcic Chloride*, *Magnesian Chloride*, *Calcic Sulphate*, *Silica*, *Alumina*, *Hydric Sulphide* (gas), *Magnesian Carbonate*, *Calcic Carbonate*, *Bromine* and *Iodine*. With these elements, so compounded, it is claimed to be the strongest Mineral Water known. Its proportion of mineral ingredients is found to be unusually large. This gives it a great advantage over many really valuable Waters, as it becomes so simple a matter to transport it to a distance and dilute it as required for immediate use. If properly kept, it will thus preserve its virtue an almost indefinite time, and so may be used at home, when circumstances make it altogether impracticable for the patient to come to the Spring.

Some idea of the medicinal power of this Water may be formed by an examination of THE MEDICAL PROPERTIES OF ITS SEPARATE INGREDIENTS. Still it should be remembered that even such examination does not present the matter in as favorable a light as it deserves; since, as a medical authority observes, "natural mineral waters are much more active than artificial solutions containing the same ingredients." And furthermore, however faithfully the analyzing chemist may have performed his task, there are still, many times, unknown quantities that will elude his search, whose very delicacy may render them (in combination with the other ingredients) most powerful medicinal agents. Here, as elsewhere, nature surpasses art; the science of nature keeps ahead of the science of man.

## MEDICAL PROPERTIES.

THE ST. CLAIR SPRING, as before indicated, belongs to the general class of *Saline* Waters, following what we may call the American, rather than the German or French classification. And now, for what classes of diseases do science and experience show Saline Waters to be especially adapted? We find that this Chloride of Sodium, whose presence, to so large a degree, gives name and character to these Waters, is by far the most important of all the chlorides. Every single part of the system, from the blood to the hair—with the solitary exception of the enamel of the teeth—contains more or less of this chloride. So necessary is it to animals, that in their wild state they seek out and frequent the so-called

"licks" where it is found. Its uses in the system are equally varied and important. From a scientific work on Mineral Waters we quote the following, with reference to the medicinal adaptation of Saline Waters as a class: "These Waters are valuable in *Scrofula*, and should be used both internally and in the form of baths. They are also useful in *Gout* and *Chronic Rheumatism*; but baths for this purpose should be taken hot. *Gall-stones* are also favorably influenced, as well as engorged conditions of the *Liver*. In *Dyspepsia* they are often of exceeding benefit. When judiciously employed they prove valuable in *Paralysis*. Saline baths also act as a powerful stimulus to the *Cutaneous Nerves*. Elimination by the *Skin* and *Kidneys* is thereby increased. Vapor baths of this kind stimulate the mucous membrane of the *Respiratory Organs* and promote expectoration." Now suppose the above were the *only* diseases or classes of diseases which the St. Clair Water, as a Saline Water, was adapted to cure or relieve; what a wonderful remedial agent would it be even then! How wide a field the ailments now mentioned cover! What a field of pain, trouble, time and expense! And how promptly and successfully these are met by the Saline Waters of THE ST. CLAIR SPRING!

As to the other principal ingredients of this Water, in their separate chemical and medicinal action, we find Calcic Chloride furnishes the system with lime for building up *the bony structure*, and also aids in forming *the gastric juice and other fluids*. Medicinally, it is a *tonic and stimulant*. Magnesian Chloride acts more directly on the *liver* and the *mucous membrane of the intestines*. Hydric Sulphide forms the characteristic ingredient in Sulphur Waters, and produces its beneficial effects on the system in a variety of ways. Its presence, to such an extent, in Saline Waters, is said to be quite unusual.

*Grouping together these results—*

**THE ST. CLAIR WATER WILL BE FOUND PECULIARLY ADAPTED TO CURE OR RELIEVE—**among those diseases proper to be mentioned in a popular treatise—the following:—*Rheumatism* in all its varied and distressing forms; *Neuralgia*, *Sciatica*, *Paralysis*, *Gout*, *Muscular Contractions*, *Nervous Prostration* and *Irritability* (running frequently into *Mental Disorders* and looking toward *Insanity*), *Insomnia* (or Sleeplessness); *all Diseases of the Skin*, of which there is such a variety; *all Diseases*

of the Blood—as *Scrofula, Erysipelas, Boils, Ulcers, Abscesses, Running Sores, Eruptions, Pimples, etc.*; *Dyspepsia, Indigestion, Heart-burn, Loss of Appetite, Gastric and Stomach Disorders*; *Jaundice and Diseases of the Liver and Bile generally*; *Chills, Ague, Malaria*; *all Kidney and Bladder Complaints*—including the earlier stages of *Bright's Disease*, and especially *Diabetes*; *Sprains, Bruises, Strains, Varicose Veins*; *Catarrh*, that troublesome and disgusting complaint, the scourge of our northern climates; *Dropsy*; *Deafness, Inflamed or Weak Eyes, Nervous Affection or Muscular Weakness of the Eye-lids*; *Ordinary Colds, Bronchitis, Pulmonary Consumption*; *Piles*; *Costiveness, Fetid Breath, Thick or Sallow Complexion*; *Lumbago* and the entire class of *Spinal and Cerebral Disorders*; bad effects of *Calomel* in the system; *all Private Diseases and Female Weaknesses*—which need not be described or enumerated here, of which there is such a mournful variety, and from which (in *some form*) so few are entirely exempt; *General Debility*; *Protracted Convalescence* after any long continued or prostrating disease; not to speak of the invaluable benefits of these Waters in *strengthening the constitution and fortifying it against* these and other diseases.

Nor let the patient—especially where the case is severe or of long standing—be anywise disheartened if he do not *at once* experience all the benefit fondly anticipated. Such the peculiar action of this Water, and such its direct medicinal relations to the diseased and disordered system, that its *immediate* effect is sometimes to make one “feel worse”—that is, *less comfortable* than before. This is one of the best signs of favorable action. Numerous instances might be cited where the remedial effects of the Water became most apparent several days, and even weeks, *after* the patients' treatment.





## VII.

# RECREATIONS AND AMUSEMENTS.

---



REQUENT allusions have been made in the foregoing pages to *Recreation and Amusement*; but a subject of such importance, in its relation to both health and pleasure, deserves a separate mention.

**THE PHILOSOPHY OF AMUSEMENT AS A PROMOTER OF HEALTH** has been too little considered. The OAKLAND management are firm believers in the doctrine *that proper amusements and recreations are among the most natural and most powerful health preservers and health assistants.* They will make a specialty of this department. Says a medical authority: "Unless under very peculiar circumstances, no Spa will remain long in favor if it does not offer *sufficient recreations.* Beside the benefits to be derived directly from the use of the waters, they (the guests) stand in need of relaxation, whether they think they want it or not. A place that attracts by the variety of the amusements it offers, or invites to exercise in the open air by the beauty of its walks, and to longer excursions by a picturesque neighborhood, will justly commend popularity." According to this standard the St. Clair "Spa" must prove unusually attractive and popular. It is also to be considered that in such a properly superintended establishment there is not the same danger as at home of carrying "amusements" to an undue and injurious extent. Facilities should also be provided for





VIEW IN OAKLAND GROVE.





the recreation and entertainment of those patrons who are there rather as attendants upon their invalid relatives, or are "invalids" only in the mildest sense; who, for instance, want to take the baths but at the same time also seek for abundance of vigorous out-door exercise and recreation, in the way of riding, walking, boating, fishing, hunting, etc.; as well as in the way of ordinary out-door "games"—such as base ball, croquet, lawn tennis, archery, quoits, etc. How well THE OAKLAND provides for this class will more and more appear. In this whole matter of entertaining, recreative and invigorating amusements, *it yields the palm to none*; though the precise nature of these and the extent to which they may be carried will depend somewhat on the tastes and feelings of those who happen to make up, at the time, the OAKLAND society.

The ordinary IN-DOOR GAMES of chance and skill need not here be specified; neither the more customary social and parlor amusements, including *music* in its varied forms. The SWIMMING BATHS have been alluded to. The BOWLING ALLEY and the BILLIARD PARLOR, as found at THE OAKLAND, need not be described. These standard amusements will always find patrons and form a prominent adjunct to such a public resort.

As to those OUT-DOOR RECREATIONS which here abound—as distinguished from ordinary "games"—we mention, first, that time-honored and healthful recreation of *Walking*; for which the gently rolling land surface, fine air and diversified scenery about St. Clair are peculiarly adapted. The same applies to *Riding and Driving*. The roads are generally good, free from stones and sand. There are some delightful drives, especially that along the river, north, to Port Huron (12 miles), or south, to Marine City (8 miles). This advantage many health resorts do not possess, owing to their unfavorable location. Then there is no end of *Boating*—both sailing and rowing—either on the St. Clair itself, or (especially for rowing) on Pine River, a narrow and very winding, though quiet stream near by. But especially the rare opportunity for *Steamboat Sailing*, for frequent excursions of this kind to various points near and far, both along the American and Canada shores. At a trifling expense these delightful steamboat excursions may be enjoyed at almost any time and to almost any extent—taking the steamer and leaving it, as it were, at your very door, as you would step into and out of a carriage. These steamers

are usually staunch and comfortable, some of them large and elegant. The steamer trip to Detroit (and back) is one of the most charming imaginable—down the St. Clair River, over “the Flats,” through that most unique and interesting government “canal” at the entrance of Lake St. Clair, then across the little Lake itself (some 20 miles), and so down the Detroit River to Detroit—giving you several hours to yourself, before returning, in this model western city. And if the past experience of OAKLAND guests is to be repeated, we should also mention here the rare pleasure and recreation afforded by frequent sails (by invitation) on the finest and swiftest private Steam Yacht on western waters. This Yacht is owned and commanded by Mark Hopkins, Esq., of St. Clair, and in her frequent trips south to Detroit and intermediate points, or north to Port Huron and beyond into Lake Huron, seldom fails to have on board a number of OAKLAND guests. Beside Boating, in its varieties, there is also plenty of good *Hunting and Fishing* within easy reach. The duck hunting on “the St. Clair Flats,” a few miles down the river, within an hour and a half ride of THE OAKLAND, is quite famous. Almost equally so the fishing at and about St. Clair. It is no unusual thing for fish—pickerel and black bass, for example—weighing from three to nine pounds, to be taken from the river, in the near vicinity of THE OAKLAND. Woodcock and quail also abound within a few miles of St. Clair. That shooting and fishing “for sport” in this vicinity are appreciated is evident from the numerous *Club Houses* along the river between THE OAKLAND and Lake St. Clair—notably that of “The Lake St. Clair Shooting and Fishing Club”—at which the daily passenger steamers make regular landings. Then there are the usual opportunities for *River Bathing*. Also the quieter but, to many, equally enjoyable *Ramble* and *Impromptu Pic-Nic* in the adjacent woods and groves, for which few localities offer equal facilities.

Are you fond of healthful quiet and retirement? Or do you prefer that equally healthful stir and activity connected with a first-class pleasure resort near town? Will you sit by yourself in your luxurious room and read your favorite author or pursue your favorite employment? Or will you chat and visit with your chosen companion upon the broad river-fronting verandah or under the open pavilion on the shore, with the beloved St. Clair’s breeze of health fanning your brow? Or will you stroll together the flower-scented fields and

groves? Or engage in other congenial and healthful pastimes and amusements—as those before mentioned—in-door or out, on water or on shore? All this *in addition to* the healthful luxury of THE MINERAL BATHS ! Then we invite you to THE OAKLAND. For such are some of the opportunities for healthful recreation and amusement here afforded, which are to be enjoyed and developed indefinitely ; not to speak of the Public Library, the Somerville receptions and musicales, and the excellent lectures, concerts and other public entertainments that frequently visit St. Clair.





## VIII.

# ACCESSIBILITY AND OTHER ADVANTAGES.

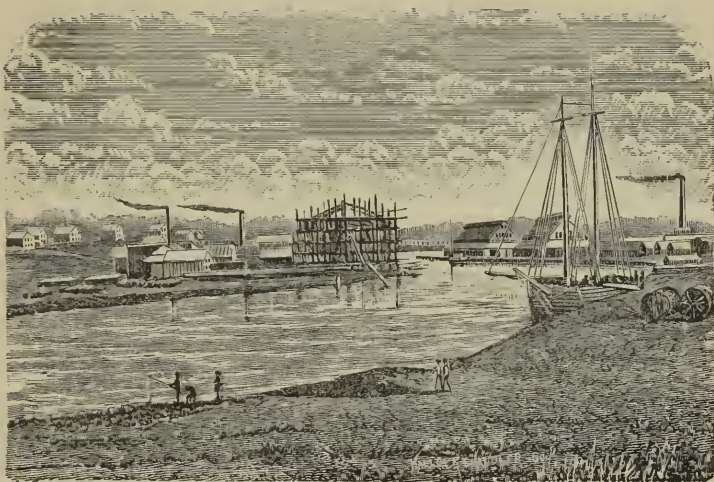
---



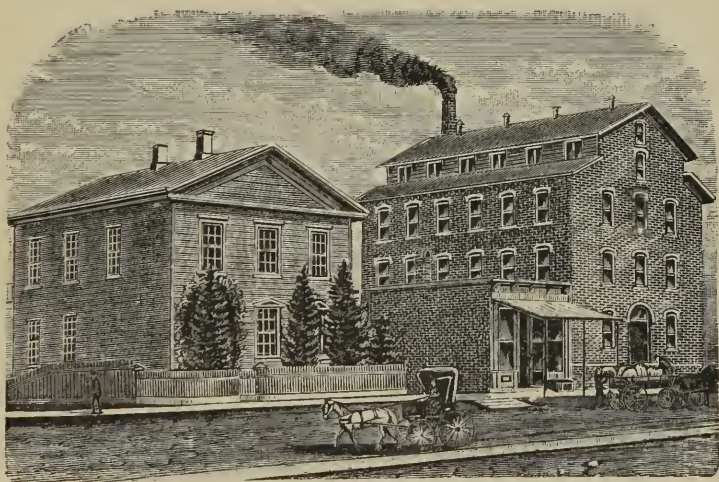
THE allusion just made leads us to speak of certain other matters which comers to THE OAKLAND will be largely interested in and influenced by. Such visitors do not wish, on the one hand, to banish themselves beyond the bounds of civilization; nor, on the other, do they care to be imprisoned in the heart of a great city. They want to be where they can have good air, pleasant natural surroundings and a town of some size not too far away, with certain "accessibilities" to the great outside world and their home friends. They also demand good post-office facilities. A health institution or summer resort that can add these to its inducements, has a great advantage. This advantage, *to its fullest extent*, THE OAKLAND unhesitatingly and emphatically claims.

1. THE CITY OF ST. CLAIR.—Among the many advantages—apart from those offered by THE OAKLAND—of a residence at ST. CLAIR, we call your attention first to CERTAIN CHARACTERISTICS OF THE CITY ITSELF, within whose corporation limits, near the southern boundary, THE OAKLAND is situated.

ST. CLAIR has been called "the old-new city;" and this title indicates, as regards those matters with which this Pamphlet is con-



ST. CLAIR SHIP YARD ON PINE RIVER.



THE NICOL WOOLEN MILLS CO. BUILDINGS.





cerned, a marked advantage not to be overlooked. ST. CLAIR is neither a *new* western town nor a *decayed* western town; of each of which we find so many uninteresting examples. Not one of those bustling, unsettled, crude western village-cities, on the one hand; nor one of those dead and ancient fossil-towns, on the other. Which of these two is least desirable as a place of residence or resort, would be hard to tell. While ST. CLAIR is one of the older, and therefore somewhat mature and settled, Michigan towns, it is yet characterized by a certain energy and enterprise, which moreover is manifestly on the increase.

That ST. CLAIR is no such declining town, notwithstanding its respectable age, but the opposite, is sufficiently evidenced by the following features—living and smiling features too, and which show it to be even ahead of most places of its size, either east or west: A flourishing and influential newspaper, printed on a steam power press; a steam fire-engine; a public hall and public common; a fine cornet band; a well sustained library association; several daily mails—not to speak of the “life” that manifests itself so plainly about the railroad station and at the various docks and landings along the river frontage.

Among other evidences of a healthy and present growth may be mentioned: several elegant residences recently erected on “the Hill”; the new Somerville School, with its frontage of 120 feet, and its adjoining cottages; the new Congregational Church, comparing favorably with any church edifice in the state; the handsome and commodious second ward public school building, recently erected; the new post-office, of third-class grade, handsomely furnished with boxes of the various improved styles; the new railroad depot; the recent purchase by the city of a forty acre tract for a new cemetery; the opening of “Shady-side” park; the late improvements by the River-side Driving Park Association; the paving of Front street for a distance of over two miles, and parts of several other streets, in process of completion; telephonic communication established throughout the town and with Detroit and other principal points in the state; the appearance of the *St. Clair Republican* in its improved and enlarged form; the St. Clair Public Improvement Association, lately organized; the increasing demand for houses; the increased activity in various departments of business and manufacture, especially ship-

building—from the St. Clair yard a vessel was lately launched, measuring nearly 200 feet in length by over 13 feet depth of hold. The *St. Clair Republican's* annual report of building operations within the corporation, for 1881, showed some seventy-five different items worthy of mention, aggregating many thousands of dollars.

While ST. CLAIR is not a railroad center, it yet has decided advantages of this kind. The Michigan Midland & Canada Road, whose eastern terminus is at St. Clair, forms one of the important connecting links in the line that is to connect Buffalo and the East with Chicago and the West. A glance at a correct map will show the decided gain in distance that would be thus secured. ST. CLAIR is also in direct communication with Buffalo by an important branch of the Canada Southern road, having its western terminus at St. Clair. And the recent railroad meetings that have been held by her citizens, taken in connection with the visits of prominent railroad officials and capitalists from abroad, augur well for the future of ST. CLAIR as regards still increasing railroad facilities.

So while ST. CLAIR is not distinctively a manufacturing town, there are large and valuable industries located here, beside that of ship-building, already alluded to; which include the extensive production of leather, bricks, pressed hay, etc. Of the last named article, not less than **3500** tons were shipped from St. Clair docks last season. Not to specify other interests, the "Nicol Woolen Mills Company," which is located at St. Clair and has been in operation for thirty years, turns off from its looms a grade of cassimeres equal to foreign production.

The exceptionally favorable position of St. Clair—at the confluence of the St. Clair and Pine rivers—with reference to the traffic of the Great Lakes, especially the great iron trade of Lake Superior, suggests how easily it might become a decidedly manufacturing center.

But it should be remembered that for purposes of *pleasure and health resort*, such as we are mainly considering in this Pamphlet, it is not necessary for a place to be either a great railroad, or a great manufacturing "center."

In this connection it may interest the reader to know that St. Clair is the home of the oldest brother of the late Mark Hopkins of

California. We allude to the venerable and genial Samuel F. Hopkins, who for more than fifty years has been (with his wife) a resident of St. Clair. It is due to the rare and public spirited liberality manifested by Mr. Hopkins and his sons Mark and William, that ST. CLAIR is to-day rejoicing in this magnificently developed enterprise—THE OAKLAND.

2. TEMPERATURE, CLIMATE AND NATURAL SURROUNDINGS OF ST. CLAIR.—Another inducement offered by St. Clair to the transient visitor or more permanent resident—especially if in search of health—is found in *its very desirable Climate and Temperature*, and—what may be properly mentioned in this connection, as a small matter of great importance—its comparative *freedom from malaria, mosquitoes, etc.*, with which so many otherwise beautiful spots are infested. The delightful summer coolness of St. Clair is no doubt owing to our nearness (without being too near) to the Great Lakes, especially Lake Huron, whose breezes come down to us, tempered by a dozen miles of intervening distance. If Michigan as a state enjoys such natural advantages, as we have seen, of climate, temperature, etc., that part of the state in which ST. CLAIR is located is especially favored in this respect.

The ground on which St. Clair is situated is high, for Michigan; rising by gentle undulations northward from Pine river and westward from St. Clair river, making thus *a natural drainage in two directions*. The general healthfulness of the place is no doubt largely due to this.

Here is perhaps the highest, most desirable natural site for a town any where along the river or lake shore between Lake Erie and Lake Huron, a distance of nearly **100** miles. The country immediately around St. Clair is slightly rolling; not that monotonous flatness which characterizes so large a portion of our western country. Noble forest trees abound, especially the oak in several species, giving appropriateness to the name OAKLAND; while here and there we meet thick groves of pine and other trees, presenting a pleasing contrast to the cultivated fields and thrifty fruit orchards of the farmer.

3. THE ST. CLAIR RIVER.—We have had occasion, in our descriptions, to allude frequently to THE RIVER ST. CLAIR. But no such incidental allusions can do justice to this noble stream, which

gives character to all its surroundings and possesses that sort of magnetic attraction which would almost draw visitors and health seekers to its shores, were there no other inducements. One of the widest points is at St. Clair, where the western shore makes a grand curve, giving to the town built upon its upward sloping bank a peculiarly picturesque and commanding appearance.

### EQUABILITY AND CLEARNESS.

The waters of the ST. CLAIR are *not subject to tides or freshets or changes in velocity*, and—unlike the Mississippi, the Hudson and other famous rivers of the world—are *always clear*, varying in color, according to the atmospheric conditions, from the deepest blue to the lightest green. Says one: "I have seen most of the important rivers of the world; I have stood on the banks of the Danube, the Jordan and the Rhine; each of which possesses a charm of its own. But I know of none whose waters are so blue and clear as those of the ST. CLAIR." The "Beautiful Blue Danube" is not more blue or more beautiful. Had the ST. CLAIR been named for its *clearness*, it could not have been better named. Those coming from other parts, who have been acquainted with ordinary rivers, whose volume, clearness and velocity are affected by rains and melting snows and climatic changes, do not readily get used to this peculiarity, this charming peculiarity of the river ST. CLAIR. Being practically a part of such a vast body of such clear water—the Great Connected Lakes—no ordinary changes can appreciably affect this remarkable river.

The traffic, too, upon this river, both passenger and freight, is something remarkable and impresses one with the vastness of the commerce thus carried on; while affording to the delighted beholder such views, views of such varying and panoramic effect, as are to be enjoyed in few localities. No lover of the water, no lover of nature, can take in the scene from some of the points in and about St. Clair without a thrill of pleasure, of true *patriotic* pleasure, if he be an American worthy the name. The current, moreover, at St. Clair is less rapid than at other points farther up, greatly to the advantage of river amusement here. Says a recent contributor to the *Detroit Post and Tribune*: "In passing up the St. Clair River one cannot fail to have been impressed by the great beauty of the shores for some distance just north of St. Clair. For my own part, I never failed to notice this delightful spot. Surely there is not in our state or on the

classic Hudson or on any other river or lake, a more beautiful spot for the location of a magnificent private residence or for one of our state institutions."

What wonder the former resident, who has been away for years and has been limited to ordinary streams and rivers—which are now low, now high; now slow, now swift; now clear, now muddy—what wonder he is so ready to go out of his way for miles, to look once more on the smiling face of this old River-Friend!

**4. SOCIAL, RELIGIOUS AND EDUCATIONAL ADVANTAGES.**—St. Clair furnishes unusual advantages in the way of *Society, Churches and Schools*. Most of the leading denominations are represented by well-sustained churches. Beside a well conducted "Union" (public) school, special mention is to be made of "THE SOMERVILLE SCHOOL FOR THE THOROUGH EDUCATION OF YOUNG WOMEN," already referred to; an institution which would be an honor to any community, and which promises to make St. Clair one day famous as an educational center.

### SOMERVILLE SCHOOL.

This delightful school is situated at the *northern* limit of the corporation, on the river; corresponding to THE OAKLAND's location at or near the *southern* limit; with a commodious side-walk and a newly-paved street the entire distance. OAKLAND guests might sometimes find it pleasant and advantageous to attend the Special Spring Course at Somerville, arranged to take place during the last ten weeks of each school year, and which for the summer of 1882, according to the published prospectus, comprised "classes in Ancient History, Brief Reviews of the History of Literature and the Fine Arts, Botany, Lectures upon the 'Topography of European Art Centers, with privileges of the Tourist's Class.'" Here, too, might be a fine opportunity for permanent OAKLAND guests to put their children at school, as day scholars, during the whole or a part of their stay at St. Clair. They would hardly find better advantages of this kind at any educational institution in the country. In a word, THE SOMERVILLE SCHOOL is an institution where both mind and heart are sought to be developed into the strength and beauty of a *thoroughly* cultured womanhood, without losing sight of that physical grace and culture which is hardly less important. For other particulars concerning this deservedly popular institution *see Appendix*.



As a matter of educational interest, it may be here added that the Hon. David H. Jerome, recent Governor of the State of Michigan, received his early education at the old ST. CLAIR ACADEMY.

5. ACCESSIBILITY.—The facilities *for getting to and from* form always an important consideration with those seeking either pleasure or health abroad. We are happy to state that in this respect—especially during the summer, when such facilities are called most into use—ST. CLAIR is pre-eminently fortunate.

### RAILROADS.

By the *Michigan Midland & Canada*, connecting with the *Grand Trunk* at Ridgeway, fifteen miles distant, ready communication is had the year round with Detroit, Buffalo, Chicago and all other points; while just across the river (steam ferry connection) is the St. Thomas branch of the *Canada Southern*, connecting direct with Buffalo and the East.

### STEAMBOATS.

But St. Clair's peculiar advantages in this matter of accessibility are *by water*. The various river and lake boats stopping at St. Clair are almost too many to mention.

The *St. Clair Republican* gives the following "Steamboat Arrangements" for the season of 1882, which we copy for you here, with the view of illustrating St. Clair's *remarkable accessibility by water*: "The steamer *Agnes* will be put on the ferry-route between this city and Courtright. Her place on the river route will be taken by a much larger, finer and faster steamer. The new steamer *R. J. Gordon's* daily trips will be extended to Lexington on the lake (Huron) shore. For Detroit daily boats (down and back each day) we are to have the steamers *Idlewild* and *Evening Star* and, probably, one other. These boats will make close connections at the Flats and will offer special inducements to excursionists. The steamer *M. D. Ward* will run, as usual, between Detroit and Port Austin, making tri-weekly trips and calling at all intermediate ports. The popular little steamer *City of New Baltimore* the same next season as this. On the Cleveland, Detroit, Alpena, St. Ignace, Mackinaw and Cheboygan route the steamers *Saginaw*, *Pearl*, *Nashua* and *Keweenaw*—with, perhaps, one or two new boats—will make weekly trips. The *Flora* will make weekly trips between Toledo, Detroit and Cheboy-



gan. The propeller *Saginaw Valley* will ply between Cleveland, Bay City and the Saginaws, and her owners are intending to build another propeller to run with her. On the Lake Superior route the freight and passenger business will be attended to by the steamer *City of Cleveland* and propellers *Hodge* and *New York*, or we can cross the river to the Canada side and take the steamer *Manitoba* or propeller *Ontario*, *Quebec* or *Asia*. In addition to the above, steamers pass up every day during the summer for Chicago or down for Buffalo, and will call here for passengers, if notified. So we may rely on 'catching a boat,' for some place or other, almost any hour in the day."

To the above it may be added that the M. M. & C. depot is *within three minutes walk* of THE OAKLAND, while steamers of the largest draft can land at THE OAKLAND docks.

6. DOCTORS.—One other advantage possessed by St. Clair which we should not forget to mention: *a moderate number of good physicians*. Of these it is appropriate that we here give deserved prominence to *the resident physician at THE OAKLAND*, who is also Medical Director of the Bath House.





## IX.

# CONCLUDING.

---



HAVING thus called your attention to some of the more obvious advantages of a home at THE OAKLAND, especially in that all-important direction of HEALTH; and having given you some account of *what the St. Clair waters are fitted to do*, in relieving and curing disease, as well as in building up the constitution and fortifying it against disease; it is but fair to remind the reader that our conclusions with reference to the St. Clair Water are not based merely upon scientific analysis and comparison with other mineral and medicinal waters; but they are based especially on FACTS, the result of a large number of direct and varied TESTS. Thus it is no doubt largely accounted for that these Baths are so much resorted to *by the townspeople themselves*, who know the waters best and are influenced by what they *know*, and not by the reading of attractive advertisements.

In closing, the author wishes to add a word by way of *personal explanation*. While preparing this Pamphlet in behalf of THE ST. CLAIR MINERAL SPRING COMPANY, the writer has no official connection therewith and no pecuniary interest therein. In his preparation he has not once consulted the Bath-house files or register, with the view of hunting up cases; neither has he, for this purpose, inter-



VIEW FROM MCGREGOR'S POINT, NEAR THE OAKLAND.



viewed the attendant physician or other officials; for the reason that his main design has not been to spread before you this so common and familiar and (too often) unreliable class of evidence. But, as a St. Clair resident, noticing with interest what was passing and developing at "The Spring," he has been more and more impressed that here is *one of nature's most powerfully concentrated and most widely adapted medicines*, by the timely and judicious use of which many suffering ones might be cured, and many others greatly relieved. And his earnest hope is that by thus bringing this Mineral Spring, with its surroundings, to the notice of others, they may be similarly persuaded and may seek for themselves a practical confirmation of the same. Under this conviction and with this design, he also feels it would be almost wrong, on the other hand, to withhold altogether, as they have chanced to come under his personal notice,

### CERTAIN CONFIRMATORY FACTS.

For instance, the case of a young girl who seemed to be "generally out of order," so that her parents were beginning to feel considerable anxiety. Symptoms—loss of appetite, very offensive breath, sallowness, general dullness. She begins taking these baths, two or three a week. She seems to improve with the very first; after two or three weeks every one of the symptoms has almost entirely disappeared; and a young companion whom she is in the habit of seeing almost every day, meeting her one morning coming from her bath, asks her, with all apparent seriousness, *if she has been powdering her face*—so bright and clear has her complexion thus suddenly grown! The writer is well acquainted with this girl, sees her every day.—A young lady who has *Erysipelas* in her system, finds it settling in her wrist. Various doctors and various modes of treatment are resorted to, without avail. Her case becomes serious, so much so that her father is at last advised by the physician *to have the hand amputated*, as her only help. This the father naturally hesitates to do, and determines, as a last resort, to try the St. Clair Baths. With the sixth bath (the baths being taken daily) there is a perceptible improvement. She is encouraged to persevere, her wrist steadily improving. At the end of a course of six dozen baths, not only is the arm that was so nearly under the surgeon's knife preserved and healed, but the *erysipelas* itself is apparently banished from her system. Within three days of

the present writing we have met this lady, seemingly in good health, engaged with her needle-work.—A lady is seized with a *paralytic fit*. For nearly a month she lies unconscious. When her consciousness does return, her health of course is shattered. She gradually recovers the use of her faculties, to a certain extent, but one arm remains useless. After a period of *over fifteen years* in this condition, she learns, through friends, of the St. Clair Water and what it has done for others. She takes up her temporary home near the Spring; begins the baths; and, finding some relief, faithfully perseveres, till her arm and hand show constant and increased indications of recovery; her weight increasing some twenty pounds, while her general health is wonderfully improved; so that from a delicate invalid she becomes quite robust and strong.—A farmer living in the neighborhood of the Spring is suddenly seized with *an excruciating pain in his back*. He goes to the Spring; takes a bath; but gets little or no relief. He takes a second and feels decidedly helped. He takes a third and steps from the bath, leaving all his pain behind him, and declares—as we heard him only the other day—that he never felt better than then and the remainder of that season.

To the above instances that have fallen, with others, under the writer's personal notice, he wishes to add one other, lately described to him by a most trustworthy witness. A lady is brought, one Friday night, from a distance to THE SPRING—literally *brought*—carried like an infant. Hers is a most severe case of *Sciatica*, one of the very severest the resident physician has ever seen. She is at once made a subject of the Bath Treatment. *The following Sunday afternoon*, incredible as it seems, this lady is *walking the verandah, pushing a chair before her!* Any reader of this pamphlet is at liberty, and is invited, to send for the name and address of this lady, and for the particulars of her case, as well as for any of the others mentioned.

*Numerous other Cases*, proving the efficacy of the St. Clair Water, might be cited, did we care to cumber our pages therewith, and did we feel at liberty to make public use of names. You are therefore invited to send for such testimonials, or for the address of those who have been benefited in cases similar to your own (briefly describing your symptoms), and the desired information will be furnished you.



THE ST. CLAIR SPRING does not claim to cure *everything*. But it does lay claim to a remarkable adaptedness for preventing, relieving and curing such complaints and classes of diseases as those heretofore enumerated. And it is *on this ground*--in view of this broad, well-attested and increasing claim--that THE ST. CLAIR MINERAL SPRING is by us so confidently and earnestly recommended to you, and, through you, to your suffering acquaintance.

C. E.

---

*For any information which you may desire with reference to St. Clair and The Oakland, not contained in this Pamphlet, please address*

THE OAKLAND,

ST. CLAIR, MICHIGAN.

---

# ST. CLAIR MINERAL SPRING.

## ANALYSIS.

	GRAINS PER GALLON.
(Specific Gravity 60 Fah. 1.7240.)	
Sodic Chloride.....	9565.0100
Calcic Chloride. ....	2437.4910
Magnesic Chloride....	398.3840
Calcic Sulphate .....	140.1890
Iodine ... ..	Traces
Magnesic Carbonate.....	1.0980
Calcic Carbonate.....	.1470
Bromine.....	Traces
Silica and Alumina.....	29.4070
Dihydric Sulphide Gas (by weight).....	16.4260
Total weight of solids.....	12588.1520

## ...RATES...

MINERAL BATHS (without attendant).....	\$ .50
MINERAL BATHS (with attendant).....	.75
MINERAL PLUNGE OR SWIMMING BATHS.....	.50

MINERAL WATER by the Barrel.....	\$5.00
MINERAL WATER (2 doz. Quart Bottles in case).....	4.00
MINERAL WATER (2 doz. Pint Bottles in case).....	3.00
(Delivered Free on board Cars or Boat.)	

## HOTEL

### ACCOMMODATIONS UNSURPASSED.

#### NO INSIDE OR BACK ROOMS IN THE HOUSE.

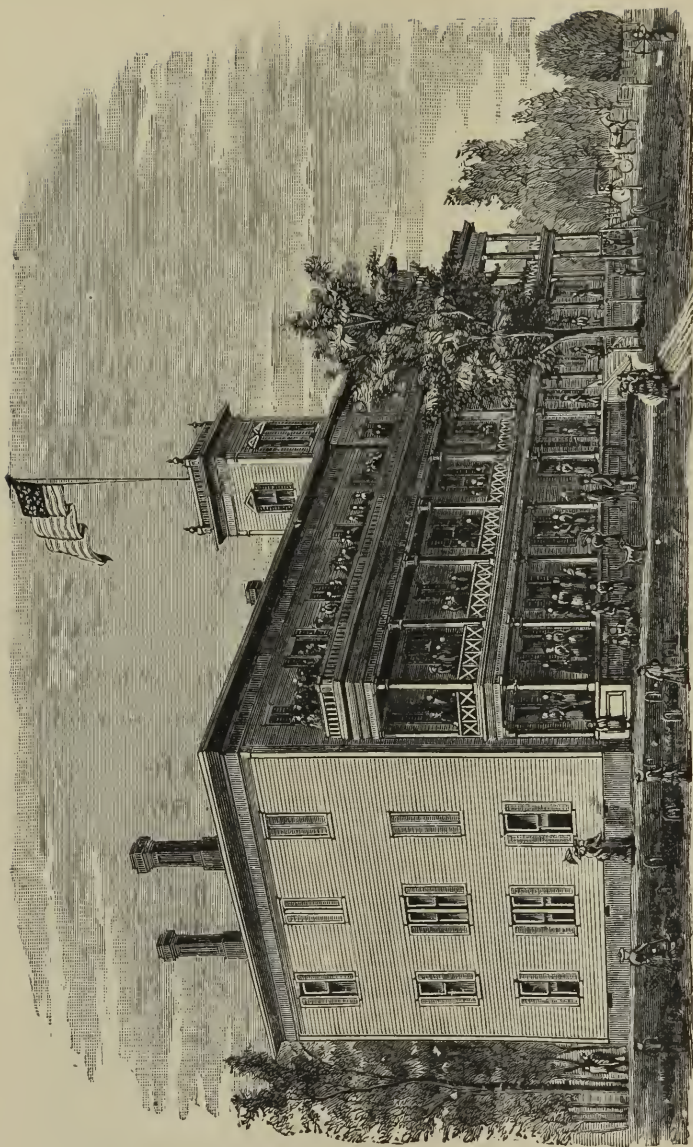
One person, per day.....	\$ 3.00 to \$ 3.50
Two persons occupying same room, per day, each.	2 50 to 3 00
One person, per week.....	17 50 to 21 00
Two persons occupying same room, per week, each	14 00 to 17 50

Children, under twelve years of age, occupying seats in the Dining Room, and same room with parents, half price.

A commodious and elegant Boarding Stable and Livery has been recently constructed and equipped for the accommodation of Oakland Guests.

Special attention will be paid to the boarding and care of horses and carriages belonging to guests.





THE SOMERVILLE SCHOOL.

## APPENDIX.

# THE SOMERVILLE SCHOOL AT ST. CLAIR.

---

### UNIVERSITY OF MICHIGAN,

SEPTEMBER 23, 1879.

Having carefully examined the plan on which the Somerville School is to be conducted, we take pleasure in expressing our confidence in it.

We particularly approve of the intended arrangements (1) for the bodily health and development of the pupils, (2) for giving them the freedom and cheerfulness of a suburban home, (3) for thoroughness in courses of study, and (4) for complementing instruction in science and letters by instruction in needle-work and other practical knowledge.

JAMES B. ANGELL, President of University.

HENRY S. FRIEZE, Professor of Latin.

C. K. ADAMS, Professor of History.

M. C. TYLER, Professor of English Literature.

### BOARD OF TRUSTEES.

HON. BELA W. JENKS,

" HENRY WHITING,

" CROCKET McELROY,

" CHARLES F. MOORE,

" JUSTIN R. WHITING,

ROBERT H. JENKS.

WM. GRACE,

MARK HOPKINS,

ORRIN K. HOPKINS,

FRANKLIN MOORE,

SAM'L HOPKINS,

JOHN C. CLARKE.

# NOTICES BY THE PRESS.

---

The Curriculum of this school is broad and its aims are high, but what more particularly impressed the visitors was the eager spirit of inquiry and the many phases of encouragement which is the very atmosphere of the place. A young mind can no more escape natural and healthful development under such circumstances than a plant can refuse to unfold its leaves to the sunlight when all the conditions of growth are supplied.—*Detroit Free Press.*

I do not think that Mary Somerville's celebrity as an astronomer had anything to do with giving the name to the school, nor was her life as a mere scientist meant to indicate that this was to be a school where science should receive specially marked attention above other departments in a thorough and well-rounded or well-balanced education. But whoever has read the life of Mary Somerville will have found that she was scarcely more learned in matters pertaining strictly to science than she was instructed and accomplished in those belonging to art. She was as fond of art as of science.

In naming the school which Mrs. C. F. Ballentine has had the ambition to establish for the education of the young women of Michigan, or any young women who may wish to avail themselves of its advantages, she doubtless thought there was something in the name of such a woman that might keep the grand possibilities of life before the minds of those resorting there and stimulate them to noble endeavor. What one woman had accomplished perhaps others might be induced nobly to try in some respects to imitate. The versatility of Mary Somerville's accomplishments, the appreciation of the value of time of which her life affords so precious an example, the thoroughness of her study and the *realness* (in the sense of not seeming) of her culture, rather than her high attainments in science merely, were, I think, the suggestions that gave name to the school, and it is in this way that the name is significant of the plan of the school, or what it attempts to do.

An outlined plan of the school was placed before President Angell and some of the leading professors of the University of Michigan in September, 1879. No name had then been decided upon. Dr. Angell's suggestion that the name of Mary Somerville would be an especially suitable one for a school whose aim was announced as "symmetrical development," was regarded as a most happy thought and was adopted.—*Correspondence Detroit Post and Tribune.*

For any additional information that may be desired concerning the School, as well as for Catalogue, the reader is requested to address by letter

SOMERVILLE SCHOOL,  
ST. CLAIR, MICHIGAN.





- REFERENCES.
- |                         |                      |
|-------------------------|----------------------|
| No 1 Middle Bass Island | No 13 Celeron Island |
| 2 North Bass "          | 14 Hickory "         |
| 3 Ballast Isl.          | 15 Sugar "           |
| 4 Middle Island         | 16 Bois Blanc "      |
| 5 Mouse "               | 17 Elba "            |
| 6 Green "               | 18 Stony "           |
| 7 Rattlesnake Isld.     | 19 Turkey "          |
| 8 Sugar Island          | 20 Fighting "        |
| 9 Hen & Chickens        | 21 Many Judy I. H.   |
| 10 East Sister Island   | 22 Grassy Isl. I. H. |
| 11 North Harbor "       | 23 Belle Isle Park   |
| 12 Cal' Island          | 24 Peach Island      |
- No 25 THE ST. CLAIR MINERAL SPRING.
- |                    |                |
|--------------------|----------------|
| 26 Woodcock Island | 27 Stag Island |
|--------------------|----------------|

BIRDS EYE VIEW OF  
THE RAIL AND WATER ROUTES TO  
THE CELEBRATED MINERAL SPRING  
AT  
**ST. CLAIR,**  
MICHIGAN.









JUL 23 1946

NATIONAL LIBRARY OF MEDICINE



NLM 00141849 7